



7577

S. de Ricci's note, from
his "Census", vol. 2, 1937:

"English XIXth c. purple
morocco."

NN. 6 / 20

NB 6.

HUTTEN (ULRICH VON) 1488-1523.

7577. In English, on parchment: written about
1539: $12\frac{1}{4} \times 8\frac{1}{4}$ in., v+65 leaves: with
coloured capitals, &c.

'Of the wood called Guaiacum that healeth
the Frenche pockes . . . compiled by Vlryche
Hutten knyghte'; with 'the preface of
Thomas Paynell, chanon of Marten abbey,
translatour of this boke', dated 'at Marten
abbey, 1533', and a table of chapters; the
whole copied from Thomas Berthelet's
printed ed. of 1539; imperfect through the
loss of a gathering after fol. 55 (representing
fol. 61^v, line 3, to fol. 67^v, line 11, of the 1533
ed.) as well as of the three last leaves: *ends*
'But loo here cometh an nother to' (1533
ed., fol. 77, l. 2). On fol. iii^v another hand
has written 34 lines from the Regimen
Salernitanum (*beg.* 'Anglorum regi scripsit
schola tota Salerni'); fol. iii^r bears an
English poem of 22 lines (*beg.* 'Three score
& ten, the age and life of man') 'written
the 3^o of Nouemb^r. 1638'.

'Peeter Shearde' has written his name in several
parts of the volume, and on fol. iv^v is 'John
Sharde', both 16th cent. Bought from Pickering
and Chatto, catal. 144, lot 4201.

See notes to no. 4974.

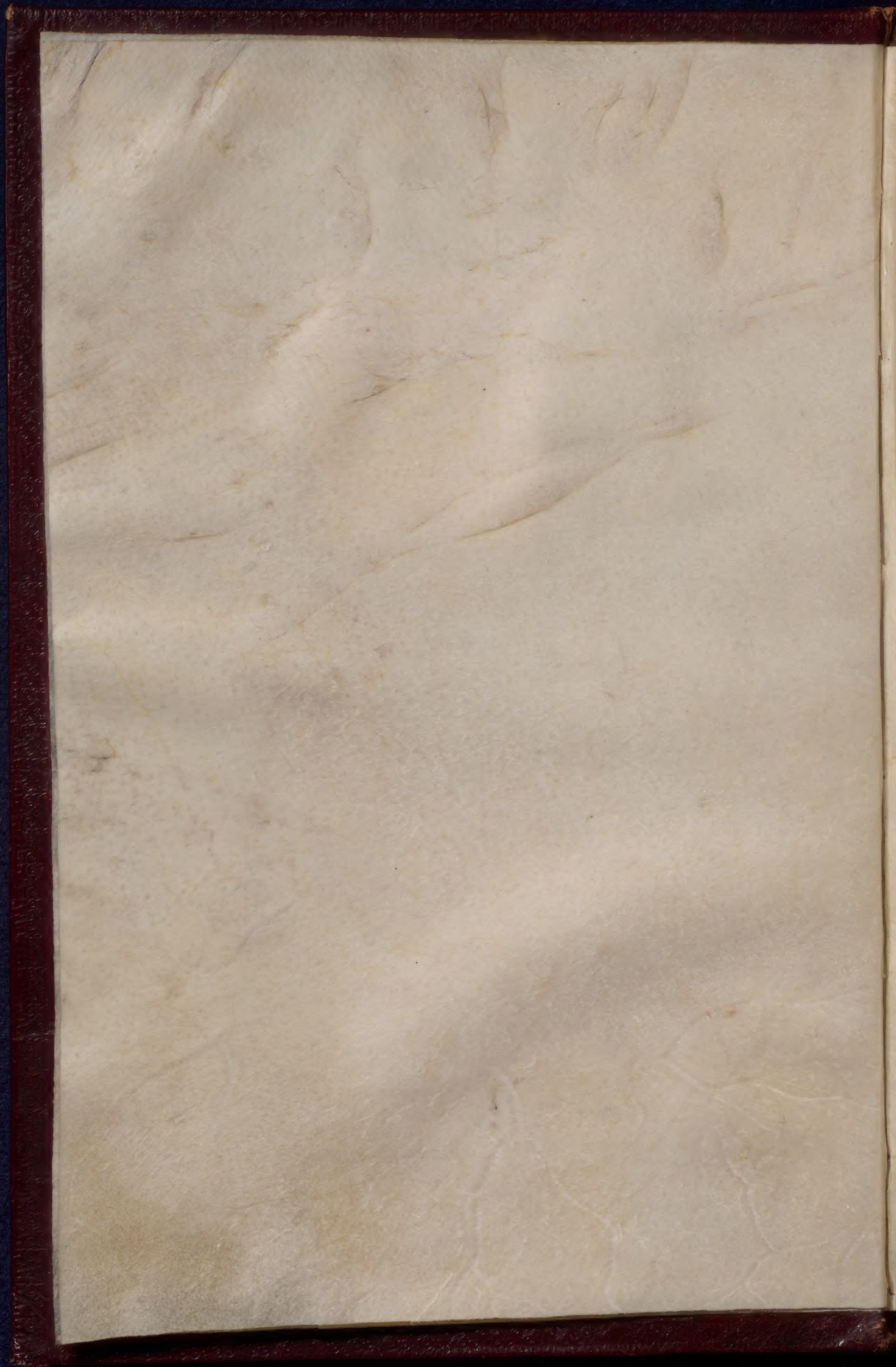
7577

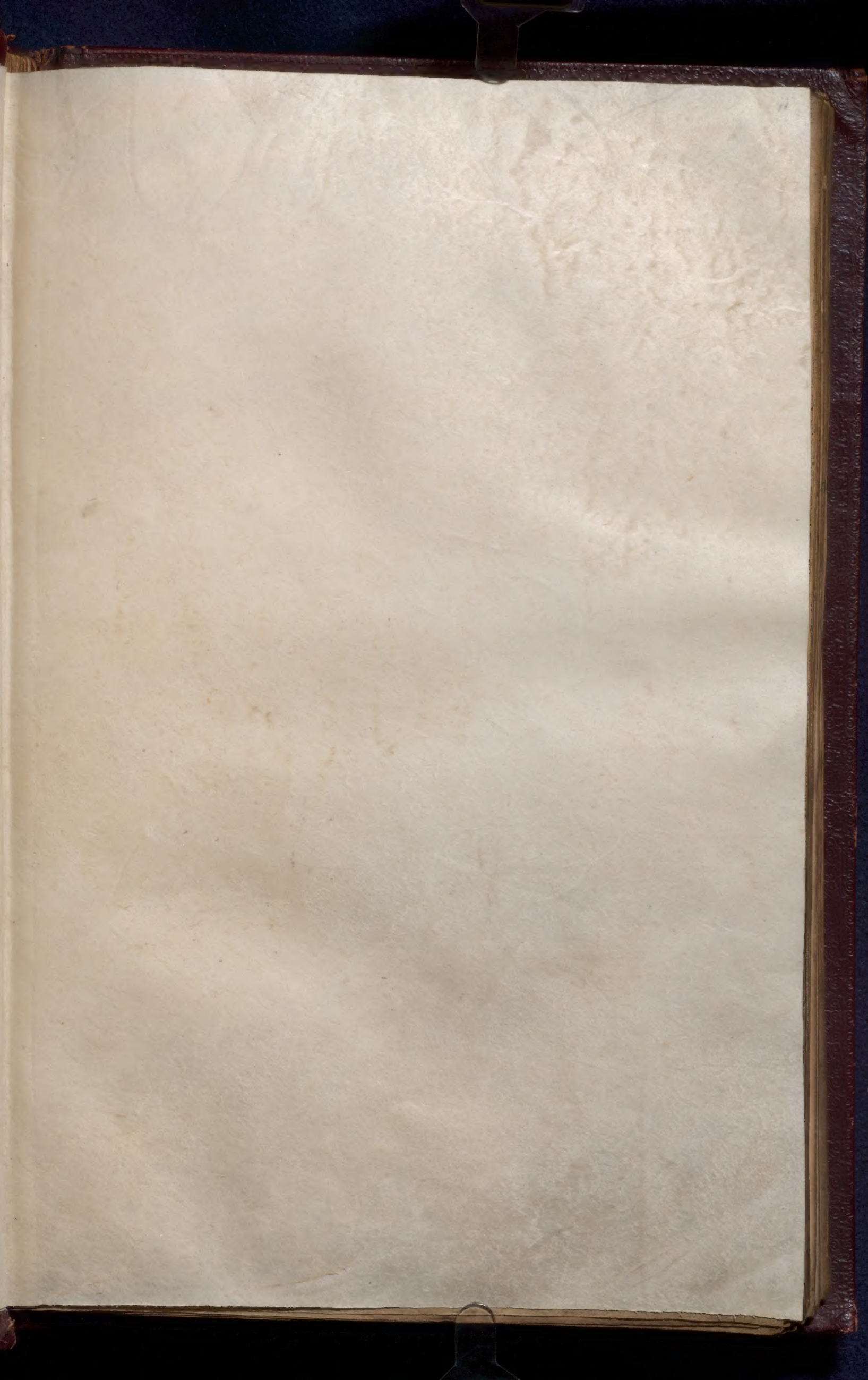
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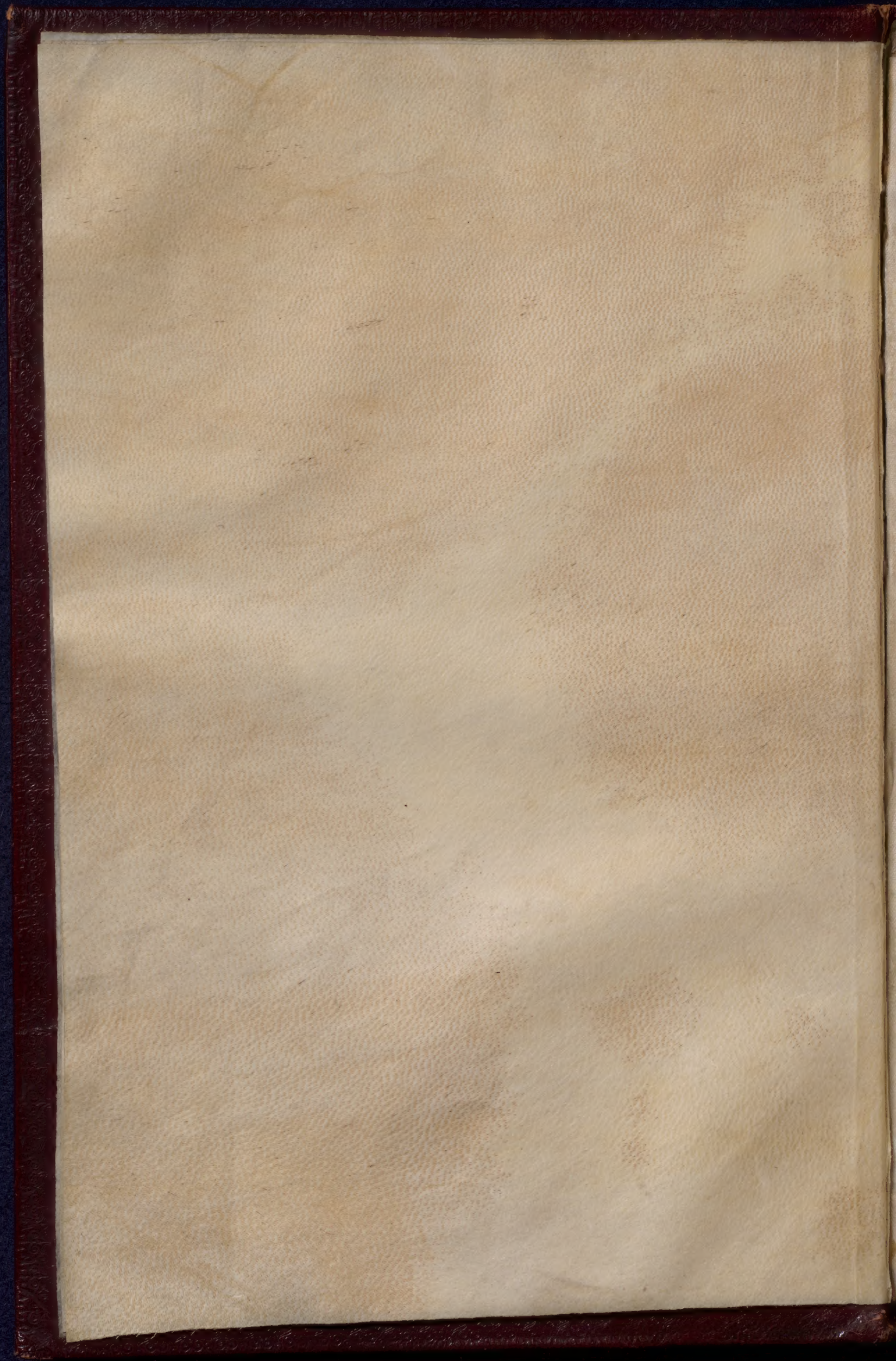
THE ENGLISH TRANSLATION, 1539, BY PAYNELL
OF HUTTEN'S DE GUAIACI MEDICINA, WRITTEN
ON PARCHMENT.

"OF THE WOOD CALLED GUALIACUM THAT
HEALETH THE FRENCH POCKES, AND ALSO
HELPETH THE GOUTE IN THE FEETE, THE
STONE, THE PALSEY ... "

A PANACEA, PAR EXCELLENCE!









Three score & ten, the age & life of man,
In holly Davids eyes, semde but a span,
And halfe that tyme is spent & lost in sleepe,
Soe onely thirtie five for us wee keepe.

Our dayes of youth, must be abated all,
Childhood & youth, wise Salamon doth call,
But vanitie mere vanity, he sayes,
In what befalls vs, in our childish dayes.
Our dayes of age, wee take noe pleasure in,
Our dayes of youth, ^{wee} wish had neuer beene,
Soe age deducted, youth, & sleepe, & sorrow,
Onely, one Span, is all the lyfe wee borrowe.

What is our lyfe, a play of passion.
Our mirth, the musicke of diuision.
Our Mothers wombes the tyringe houses be,
Where wee are drest, for liues short comedie.
Heauen the Iudicious eye Spectator is,
To see whats acted well, & whats amisse.
The graue which hides ^{us} from the Scorching Sonne,
Are liues drawen curtein, when the play is Donn.
Thus actinge haste wee, to our latest rest,
And then wee dye, in earnest, not in iest.

Written the 3rd of Nouemb^r 1638.

*Medical
122
H*

2 Anglay regi ppsa stola tua ostendi
 Si vis meliorem si vis te regere animi
 Curas lingue quae nati crede piam
 Per more curato parum no sit tibi velum
 Surgere post epulas compum fuge mercedum
 Aut brevis aut nullus sit compum mercedum
 Si vis post cina stomachi deponere penam
 Post cina studio vel passio a illo madio
 Non minuat ut dicitur eage nec anni
 Quatuor ex vento veniat mala ventre petito
 Spasmo id est colica vertigo quatuor ista
 In ventu caueto ne quo ventre repleatur
 Vento nullum cito confiat ex inuenit
 Et omne tempus fenus moderata tibi medicamentum
 Atq; supplemto imparte ope grauen
 Non hibe in facie uenien comitas oratio
 Excessu facies de rebus immoderatio
 Corpus debilitat vitam breuitat puerit
 Salua ne uires infirmum si videtur
 Et quanta poteris peris post salua potis
 Quales plura poteris in tu caueto moderatio
 Conculcat potis inuini cu frigore uentu
 Inuento capite ob frigore ne q; diu
 Sole q; feruente tibi sunt h; q; uicina
 Quo consueuisti confiat tenere memento
 Grosse aut ira frequenter meo rano gaudia querens
 Nec ta consumit corpus sine brom
 De mensa suae quanta vis tempore breme
 Tempus vero modica puerit uideri
 Et calid opatio dapili nocet immoderatio
 Antipm fructus postremo dant tibi luctus
 Si ubi de pante media media t; fiant
 Nec ta meno lara labor p moderata dicta
 Nec si mente ferat nunqu medicata querat

petrus sord

Of the woode called Guaiacu.
that healeth the frenche
pockes. and also
helpeth the
goute
in the fecte. the stone. the pal
sey. leproe. dropsey.
fallynge euill.
and other
diseases.

the man is dropsey
not for by my selfe
John sharde Compiled by Wlryche
hutzen knyghte. *Peter sharde*

Anno. M. D. XXXIX.

1539.

The preface.

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The preface of Thomas Darnell Chanon
of Marten abbeie. translatour of this booke

Not longe ago after I had translated in
to our englyshe tonge the booke called.
Regimen sanitatis. Salerni. I hapned be
inge at London to talke with the prynter and
to enquire of hym. what he thought. and howe
he lyked the same booke: and he answered. that
in his mynde. it was a booke moche necessari.
and verp profitable for them that take good heed
to the holysome teachynges. and warily folowyd
the same. And thus moche farther he added ther
to. that so farre forth as euer he coulde here. it is
of euerye man verp well accepted and allowyd.
And I saide I pray god it may do good. and it
is all that I desyre. And thus in talkyng of
one booke and of an other. he came forth and
saide: that if I wolde take so moche payne as
to translate in to Englyshe the booke that is
intituled. De medicina gualaci. & morbo gallico.
writen by that greate clerke of Almarne. which
Hutten knyght. I shulde haue saide he. doo a verp
good dede. for: semge it is sothe. as this great
clarke wryteth of this medycyne. Guaiacum
for he hym selfe hath had the very experience ther
of: howe nedefulle and howe beneficall to
the common welth. were it: for almoste into euery
parte of this Realme. this moost foule and pain
fulle dyscase is crepte. and many soore infected ther
with. Whan he hadde said thus his fantasie. and

the preface.

that I hadde bethoughte me and well aduysed his
wordes. I answered: If I thoughte it wolde do good
I wolde take the payne with all my verie harte and
bit were moche greater. and rett saide I. I feare
me, it be as moche or more than I am able to ac-
complishe. for I doubt. whether I may come to
the clere vnderstonidng therof or not: It is m earnest
a matter stramige ynough to translate not one
ly for the names of herbes. and other dyuers thyng-
es them conterned. but also for the phrase and
eloquentie style. But what soo euer answer I
made hym. I smallre determined to translate
the said booke as I haue done in dede not so well
I am sure so plarnely and so exquisitely as ma-
ny other coulde. yf thei wolde vouchsafe to take
the payne: but yet I trust I haue not moche er-
red from the true meaning of the authoure.
And I say not the contrary. but some wordes
haue I left barely englisshed, and some not at
all. but thei be such as are by those names in
latyn vsuallre knowen to phisicians, without
whose counsell specially those that be approued
and knowen to be synnularly lerned in phisike
I wolde counsell no man to be holde either to prat-
tise or receiue any mediane.

At martyn Abbar Anno

1511.

The Table.

- T**he begynnynge of the frenche poxkes. and
why it hath dyuers names. Cap. i. fol. m.
The causes of this dyscase. Cap. ii. fol. s.
Into what dyscases the frenche poxkes are turned.
Cap. iii. fol. 4.
Howe men at the begynnynge resisted the frenche
poxkes Cap. iiii. fol. 6.
What helpe the author of this booke vsed in thre sic
kenes. Cap. v. fol. 8.
The description of the wood Guaiacum. fol. 1.
Of the frindnes and name therof. Cap. vi. fol. 10.
Of the orderynge of Guaiacum in medicine.
Cap. vii. fol. 12.
The manner of curynge with this wodde Guaiacum.
Cap. viii. fol. 15.
How a man must lve and diete hym selfe in
this cure. Cap. ix. fol. 19.
That Guaiacum woull not be myngled w
any other thyng. Cap. x. fol. 22.
What place the pnsitions haue in this cure.
Cap. xi. fol. 14.
Whether concernynge this cure there ought any
regarde to be taken of the age of the sex or qua
litye of the bodres. Cap. xii. fol. 27.
Whether the vse of this wood be lyke in all pla
ces. Cap. xiii. fol. 29.
What tyme is best to be cured with this medr
cyne. Cap. xiiii. fol. 31.
That we muste vterly forbear wyne and

The table.

women in this cure. Capi. xv.	foli. 35.
That salte muste be eschewed in this cure. Capi. xvj.	foli. 37.
Of slender fedynge and hunger. which are necessary in this cure. Capi. xvij.	foli. 39.
Howe hunger may easly be suffred. Capi. xvij.	fo. 42.
The prayse of temperance in the : despite of rotte. Capi. xviij.	fo 43.
Whether a man may be restored to his helth by reason of the diete only, that is appointed in this disease. Capi. xix.	foli. 55.
How a man ought to order his bely in this cure. Capi. xx.	foli. 57.
Howe in this cure one maye be moued to sweate. Capi. xxj.	foli. 58.
Howe this medecyne shall helpe this disease and whether it healeth men sodenly or els by lyesure. Capi. xxij.	foli. 59.
What poure the wodd Guaiacum is of. and what diseases hit helpeth besyde the pockes. Capi. xxij.	foli. 62.
What kynde of diseases this medecyne of Guaiacum hath taken frome the author of this boke. Capi. xxvj.	foli. 65.
As touchynge the order of luyngte after this cure is paste. what he that is healed ought to eschewe and obserue. is shortly deserued. Capi. xxvj.	foli. 68.

Gallico

The becommynge of the frenche poxkes,
and why it hath dyuers names. Ca. i.

I have pleased god. that in our tyme sick-
nesses shuld aryse. whiche were to our fore-
fathers (as it maye be well corrected vn-
knownen. In the yere of Christ. 1493. or there about.
this foule and moost greuous disease began to spryde
amonge the people. not in fraunce. but firste at
Naples in the myschemens hoste. wherof it toke his
name. whyle kept warre vnder the frenche kynge Char-
les. before hit appered in any other place. By whiche
occasion the frenche men puttynge from them this ab-
horred name. calle it not the frenche poxkes. but the eygli
of naples. rekenynge it to their rebuke. if this pestilent
disease shulde be named the frenche poxkes. Wherby stan-
dyng the consent of all nations hath obtained. and
we also in this booke wille calle it the frenche poxkes.
not for any enuye that we beare to so noble and
gentyll a nacion. but by cause we fere. that all men
shuld not vnderstande. if we gaue it any other name.
At the firste risynge therof some menne superstiti-
ously named it meyn sickness. of the name I know
nat of what saynt. some accompted it to come of
Job scabb. whome this sickness I thinke hath brou-
ghte in to the numbre of sayntes. Some iudged
it to be the infirmitie. wherewith the monke euager
was greuyd. throughe immoderate colde and ca-
tyng of rawe meates. whan he was in deserte.
And therefore he also was sought from ferre con-
treies. with great resorte of men. offerynge gistes

abundantly at his chappelle, which is in Vestrict.
 And because the name of saint Euager was not
 known among the common people of Almanie,
 they called it siacres sickness for Euagere. Not enque-
 rying what the spices of these were, but only bele-
 ued that these could helpe them. Suche opinions
 hadde the people, and thus they dyde ryse. There was
 ymagines offered and hanged before saynte Fothe,
 and his olde sores were newe remembred, which
 thinge if it were done of godly mynde, I do not
 reprove, but if it were done, that those might get
 auantage that were the inuenters therof. I meruaile
 that discrete shulde haue place in so great discom-
 forte and sorowe and in so miserable destruction of
 mankynde. But the diuines dyde interpretate
 this to be the wrath of god, and to be his punishe-
 ment for oure euylle lyuynge. And so dyd openly
 preache as though they, admitted into that bre com-
 sayle of god, had there lerned, that men neuer liued
 worse, or as who sayth in that golden worlde of Augu-
 stus and Tiberius, when Christe was here on erthe,
 moste mischeuous diseases dyde not begynne: or as
 who sayth, that nature hath no power to bringe in new
 diseases, which in all other thinges maketh greatte
 channages: or as who sayth, that within shorte tyme
 in oure daies by cause men be nowe of good lyuynge
 the remedy of Guaiacum is founde for this sickness.
 So well these thinges do agree, which these men
 myndes, that declare god as they thynke do preache
 vnto vs. Then began the phisitions busynesse,
 whicher searched not what shulde take away this disease.

But what was the cause therof. for they myght
not abyde the sighte of it, moche more they abster-
ned from touchyng. for whan it fyrste beganne.
it was of such fylthines. that a man wolde scar-
sely thynke this sicknesse, that nowe repyneth. to
be of that kynde. They were byles, sharpe and
standyng oure. haupyng the similitude and qua-
litye of acornes, from whiche came so foule hu-
mour, and so greate stynke. that who so ever
ones smelled it. thought hym selfe to be infecte.
The colour of these pustles was darke grene. and
the sight therof was more greivouse vnto the pa-
tyent than the payne it selfe: and yett ther paynes
were as though they hadde lyen in the fyre.

This disease. not longe after his becommynge,
entred into Carniama. where it hath wandred
more largely than in any other place: wiche thynge
I do ascribe vnto our intemperance.

They whiche then toke counsaile of the sterres,
prophecyed, that euill not to endure aboue yn-
peres, wherem they were dysceyued, if they mente
of this disease and all the vycell that comyth ther-
of: but if they ment it of the forsaide moost fyl-
thy kynde. whiche cometh of hym selfe. and
not onely of infection. but throughe the corrup-
tion of the aire, or the ordynce of god: thanne
were they not dysceyued. for it taried not longe
aboue the yn. vere. But the infirmitie. that
came after. whiche remaineth yet, is nothyng
so fylthy. for the sores at sometymes bene lytell.
not so hie nor so harde. And somtyme there is a

De morbo

certayne brode creppynge scabbe, for his venym
entreteth deper. and byrngaeth forth more diseases.
It is thought this kynde nowre adaves to growe
in no person. but throughe infection by defyling
of hym selfe, whiche thynge especialli happeneth
by copulation. For it appereth manifestly. that
yonge children, olde men. and other, whiche are
not gyuen to the bodily lust. ben very seldome en
fected therewith. And the more that man is gyuen
to wantounesse, the sooner he is infected. And as
they lyue. that ben taken therewith. soo other it short
ly leaueth them. or longe holdeth them. or viterly
consumeth them. For it is very easi vnto the Italy
ans and Spanyardes. and to suche as lyue so
berlye, but throughe oure surfetyng and intem
perate luyng. it dothe longe contynue with vs.
and greuously dothe vexe and chafe vs.

The causes of this disease Cap. n.

The phisicians haue not yet certeynlye diffy
ned the secrete causes of this disease. although
they haue longe and penfully with great variete
serched therfore. but in this thynge all do agree.
whiche is very euident, that throughe some vnhol
some blastes of the aire. which were at that tyme
the lakes. fountaynes, floddes. and also the sees
were corrupted, and therof the earthe to receiue
poyson. The pastures to be infected. venemus va
pours to come downe from the aire. whiche liuing
creatures in drawynge the brethe receyued. for this

Gallico.

disease was founde in other beastes like as in men.
The astrologers fetch the cause of this Infirmitie
from the sterres, sayinge that it procedeth of the co
iunctions of Saturne and Mars, which was
not longe before. and of. n. eclipses of the sonne:
and they doo affirme. that by these signes they might
perceyue many coleryke. and flumatike infirmiti
es to folowe. whiche shulde long contynue and
slowly departe, as Elephantia. lepro. tetter. and
all yll kynde of Scabbes and boiles. and what so
euer euylles deformethe and vnasshionethe the
bodie, as the Gout. Palsey. sciatica. Iountache
and other like daungers. And that these thynges
shulde channce rather in the north parte by reaso.
of this signe. Aquarius. wher in fell the fyrste
eclipse: And in the west parte by reason of the
signe Pisces. in the whiche fell the last eclipse.
But the phisitions affirme this sickness to come
of yll and haboundant humours. as of coler
blake adust yelow. and flume salt or adust. &
that of one of these alone. or of certayne. or of
all these myngled. whose sharpnes stykynge
to the outwarde partes of the body. burneth and
dryeth the skynne. and fylleth it full of scabbes,
but that which cometh of ranc heuy and grosse
humours, the saie is dryuen into the ioyntes. and
causeth great payne in them. and to aryse knob
bes and swellynge. and knottes to gether. and
the skyn to ryuell. And more ouer the heed to take
wherby the beautie of the bodie is cleane altered.
and gone. Some breuely concludynge. say. that.

De morbo

this infirmitie cometh of corrupte, burnt, and
enfecte bloude. And all these thynges where in
doubtfull disputation: that nature therof not
yet knowne. but nowe it is knowne. they be also
approued for in myne opinion this sicknes is
no other thyng, but apostumacion and rotting
of vnpure bloud: the which after it begynneth
to drye, turneth into swellinge and harde knob
bes, the which thyng proceedeth of the lyuer corrupte.
To knowe more of the nature or qualities of this
infirmitie, shulde be very tedious and harde to
iudge. for we se in our tyme what dryers conser
uations, and opinions haue benne to boldly dis
puted and what payne the physicians haue ta
ken therein sence the begynnynge therof. The physi
cians of Germanye, for the space of ii. yeres,
medled with such disputation, and yett whan I
was but a boye, they undertoke to heale me: but
what profite cam therof, the ende hath shewed, not
withstandynge they were bolde to medle with,
strange dregges and spices, and to mynigle and
mynstre many thynges, which they shulde not
haue mynstred. And I remembre, they forbode me
to eate yea son, for in some places they growe ter
tarne wormes in them with wynges of the which
hoggesleshe was thought to be infected. by cause y^e
beaste specially was diseased either with this or els
with an other not moche vnlike vnto this.

*Into what disease the frenche pockes are
toured. Capit. iii.*

The paynes of this disease all redre rehersed
 are in maner no paynes to the greses that
 foloweth therof: for the disease turneth it sel
 fe into gret inconuenience and payne: In so moche
 that all maner of sickenes, haupnge or causynge
 any payne in mans ioyntes. semeth to be conta
 ned therein. For first there is sharpe ache in the
 ioyntes. and yett nothyng appereth: afterwar
 des the gatherynge to gether of humours causeth
 the membres to swell. but after that suche vile mat
 ter is waxed harde, than a man shall fele the vehe
 mente paynes therof. This is the firste commynge
 therof. For it semeth to edifie and fortifie a castell,
 ther to reste a longe season. and then to dysperse
 and caste into euery parte of the bodie all man
 of ache and paynes. And the longer the saide swell
 ynges tarve from rotyng and rypynge the mo
 re payne shall the payente suffre. And aboue
 all other paynes of this infirmitie. this is the vi
 olentest. and that troubleth manne mooste. I
 my selfe hadde suche a lytell knobbe. and swellyng
 aboue my lyfte hele in the inner syde. the whiche
 after it was indurate and harde. by the space of
 yn yere. coulde by noo power of oymementes.
 or any maner of lappynge and cheryshynge
 be made softe. or caused to putrifie and rotte but
 continued stulle lyke a boone. untill that by the hel
 pe of Guaiacum it vauysed awaye by littell
 and littell. This thynge as touchynge women
 resteth in their secret places. haupnge in those pla
 ces litell pretty sores full of venemus porson beinge

very dangerous for those that unknowingly medle
 with them. The which sickness gotten by such infec-
 ted women, is so much the more vehement and gre-
 uous. how much thei be inwardly polluted and
 corrupted. By this the scowis at some tymes do
 flake and waue harde agayne. at somtyme they
 shrinke, and sumtyme the sickness turneth it selfe
 into the gout. or into the palsey. or into a poplexi.
 and infecteth many one with lepre. for it is thou-
 ght. that these infirmities be very neighbours one
 to an other. And that for many reasons, which are
 comen to both the euilles. They that be taken wth poxes,
 often tymes become lepres, and often tymes through
 the sharpnes of their paynes they shake and que-
 uer as men in a feuer. After all this there buddeth
 out and apere smalle holes and sores which tour-
 ne them selfe into cankers and phistuls, or continu-
 all sores: and the more they putrefie, the more they
 diminish the bone. And when the bones be putri-
 fied and corrupte the patient through longe con-
 tinuance of sickness. waxeth lame. for the flesh
 consumeth awaye and there remaineth but only
 the skyn to couer the bones withall: and through
 this many a one chaunceth to be thisiques the wi-
 inwardly be full of corruption. Beside all this.
 out of this infirmite floweth another, which some
 men do calle cacecia. the which filleth a mans
 flesh and also his skynne full of water. Somme ha-
 ue sores in their bladder. and often tymes many men
 thei lyuer and stomake is utterly consumed by this
 infirmite. And this thyng their opinion is false.

Gallico.

that saue that the gatherynge to grther of humours.
and swellynge wrynckels and knottes come not
of the nature of this infirmitie. but that it chann
ceth ouer to those that haue bene rubbed and a
anoynted with ointmentys made with quicke
syluer. I am sure the mooste parte of the phisici
ons of Almayne be of this opinion. but yett
they haue bene disceyued in this sickenes. as
they be in many other. for I knowe it for a suretie.
there be some. that haue hadde these infirmities &
sickenesses. whiche were neuer noynted with quicke
syluer. as I haue hadde experience in my father
Ulriche de hofen.

*None men at the begynnynge resysted
this infirmitie the frenche por
kes. Capit. iii.*

When the phisitions were thus amased.
the surgions came forward in the same
errour. and put to their handes; and
firste they beganne to bourn the sores wth hote
yrons. But for as moche as it was an infirmitie
laboure. to touche them all. they wente aboute to
aduorde them by oyntmentes. but diuerse men
used diuerse oyntmentes. and all in varre.
excepte he added quicke syluer thereto. they beate
for this use the pouders of myrre. of mastique of
ceruse of bayberes. of alum. bolli armonie. cina
ber of xermelon. of corall. of bourned salte. of
rustre masse. of leddresses. of rust of iron. of

De morbo

Rosen. of Turpentine. and of all maner of beste
orles. orle of ber. orle of pure roses and terebyn-
thum. orle of gynecper. of greate effecte. orle of
sprke. swernes grece. fatte of ore seete and butter
made sexalli in may. talowe of gootes and har-
tes. yurgens hour. powder of red wormes dreyed
in to dust. or consumed with orle and beaten cam-
fre. euforbium. and castor: and with ij. or iii.
of these so saide thynges mingled to gether. they
anoynted the sicke mans ioyntes. his armes his
thies. his backe bone. his nec bone with other pla-
ces of his body. Some anoynted them ones a
daye some twyes. some threes. some foure tymes.
The patient was shutte in a stufe. kepte with
continual and feruent heate some xx. and som
xxx. hole dayes: And some were laide in a bedde
within the stowe and anoynted. and couered w
manre clothes. and were compelled to swete. xij.
of them at the seconde anoyntinge beganne to
faynte meruailously. But yett the oymtente
was of suche strengthe and effecte. that what
so euer disease was in the hyer parte of the bodie.
it dreyne into the stomake. and from thens vp in
to the brayne and thens the disease annoyded both
by the nose and the mouth. and did put the pa-
tient to suche payne that excepte they toke good
hede. their tethe fell oute. all theyr th:otes. theyr
tongues. then roffes of the mouthes. were full of
sores. their lawes dydde swell. theyr teeth were
loosed. and there continually there annoyded the
moost stryngge skome and matter. that conde

be. and what soo euer it raine vppon. by and
 by it was polluted and infected. wherby their
 lypes so touched. gathered sores. and within
 fo. the their chekes were greuously pyned. All
 the place where they were. dird strake whiche ma-
 ner of curynge was so pynfull. that many
 had leuer dye than to be eased. how be it scantly
 the hundreth person was eased. but shortly after
 fell downe agayne: so that his ese durrd very
 few dayes. wherby men may esteeme. what I suf-
 fered in this disease. that proued this maner of
 curynge a vi. tymes. with great reopardy and
 veryll. wraistlyng with this curyll. w. yerres. And
 yett in the meane tyme takynge what so euer
 thyng was thought to withstande and resyste it
 for we vsed bathes and herbes larned about the.
 and drukes and coiesers. And for this we hadd
 arsmcke. inke. calcantum. verdegrees. or aqua for-
 tis. which wrought in vs so bitter payne that they
 myght be nudged verie desirous of lyfe. that had
 not leuer dye than so to prolonge their lyfe. but
 the curynge was most bytter and pynfull. wh^{ch}
 were made with ointmentis. And was also so mo-
 che the more dangerous because the ministers
 of it knewe not the operation therof. ffor the sur-
 gions only did not vse it. but every bolde felowe
 went aboute playnlyng the physicion. curynge to
 all maner of men one ointemente. either as he
 had sene it ministred to other. or as he had suffered
 it hym selfe. And so they heled all men with one
 medycine as the proverbe saithe One shoo for both

fete. If ought happened amys to the sick. for lacke
of good counsell. they wist not what to do or say
And these men formenters were suffred to practise
on all persons what they wolde while the phis-
cions were done as in an vniuersall error and
ignorance. And so with out order or rule. with
tormente of heate and sweat plentie. all were
cured after one facion. without regarde of tyme.
habit or compleccion. Neither these ignorant
anoynters had not so moche knowledge. as w-
laves to take away the matter. which caused the
cure. or to diete them or appoynt any dyuersite
of meate. but at length the master must come to
this poynt. that they shulde lose their tethe. for they
were losed. their mouth was all in a sore. and
through coldenes of the stomack and sylthysse
they lost appetite. And all thowgh their thirst
was intollerable. yet founde they no fynde of
drinke to helpe the stomack: many were so light
in their brayne. that they coude not stand: and
some were brought in to a madness: and not on-
ly theyr handes trembled and shoke therewith. but
also their fete and all the body. some mumbled
in their spekyng as longe as they lyued. and
coude haue no remedy. And many I haue sene
dye in the myddell of their curyng. And one I know
dyd so his cure. that in one daye he fylled. in hus-
bonde men throughe immoderate heate which
they suffred patiently. shutte within an hote
stewe. trustyng that they shulde the sooner ob-
tergne theyr helth. tyll throughe vchement heate

their

thejr hartes fayled them. and perceyued not them selfe to die. and so were wretchedly strangled. Other I sawe die. whan their throtes were swollen in the nithe. that first the sylthyr matter. where they shulde haue auoyded in spittynge. coude fynde no way out. and at length their breth was lyke wyse stopp'd: and another sort. whan they coude not vyse: very fewe there were that gathered helth. and they passed through these icopardies. these bitter pernes and cupples.

what helpe I vsed in this
sickness. Cap. v.

HS often as I was annoynted. to kepe these cupples frome my mouth. that customably came I vsed only alam whiche I kepte in my mouth. rollynge it frome one syde to an other vntyll it melted. And whanne I went aboute to wrappe vp my sores. and comforte my membres. I vsed these herbes. absinthio. camomilla. hyssoppe. prilegio. arthemisia. sage. and other suche boyled in wyne and water.

And ones for my sores I made an oynement by the counsell of Eytelwolfe. of alam verdigrese. purest henry. and vinegre by equall portions.

And afterwarde I lerned of a souldyour in Itali another oynmente. made of lyme and water. after this maner. I put well water or ryuer water in to a newe pottle neuer seasoned before with any hcur and sodde it therin: and whan it boyled feruently I powred it vppon vnslert lyme that is it that no

water hath touched in a bason or a cleere vessell of
 wodde. before not occupied with any licour. And
 whan the lyme was dissolued. and after a littell
 reste laye in the botom: I toke away the skome that
 swome aboue. and mournge not the lyme. pow
 red out the clereste water, and kepte that for my pur
 pose. whanne I wolde occupie it: I toke a sponge or
 a linnen clothe. and depyed hit in the water. somme
 tyme rolled. as I moughte. and often tymes wr
 ned and moysted my soores therewith. wasshyng
 and wyppynge awaye all the fylthynesse. Thanne
 toke a peece of clothe soo moysted and layte it about
 my soores. And with this water my paynes were
 eased. and the swellyngs swaged. the soores were clen
 sed. and the heate and enflamacion dryuen awaye
 whiche thyng is to be maruailed at. sernge the
 nature of lyme other wise is to kende. I founde no
 thyng lyk this: And me thoughte I was well holpe
 therewith. and had auoyded the destruction. that was
 at hande. In so cruell assautes of this disease I used
 also cassia. if I wolde be laratue and dyd often ty
 mes sweate. and let go bloud drawen owte with
 gourdes. And whanne I was in Italie monysshed.
 that to eate in the mornynge the quantite of a wal
 nut of rasius terebynthia. shulde be of great effica
 cie to amende the fautes of the bloude. what ma
 ner thyng it is. I knowe not. and to make the be
 lye laike. and helpe the stomacke whiche bothe thin
 ges I founde trewe. I used the same. Ther saide also.
 that it dyd helpe no lyttell thyng the synowes.
 and strengthened the ioyntes and mem bres. And by

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meanes and abstinence of meate and drynke. & good dyete. I annoyded many thynges. whiche moughte haue vtterly destroyed me in so longe and iniurious season. for the moost parte wanderynge abroad in the worlde. and through portentous dryuen to moche aduersitie. neuer at rest and quietnes. but alwayes vexed and troubled. And haue soo preserved my selfe. that all though my legges were eaten. with soo many depe and greuous sores. yet was there not oone synew hurte. nor oone bone perysshed. And if at any tyme the disease toke my face. noo euylle happened in my mouthe and fouge. so that the inwarde partes were preserved: for I voided awaye those thynges. that mighte hurte my stomake. and with a rare helpe defende my lightes and longes: and by these helpes I moughte suffer and dryue forth this disease. but clerely putte hit awaye I coude not: which thynge was the easynge of payne. and not the cuttinge awaye of the cause of payne. the dryffing of euylle. and not the takinge awaye thereof. A better remedy came of Guaiacum ye of that only came helthe whiche I do intende now to describe.

The description of Guaiacum. and the syndrome therof and name. Cap. vi.

If we oughte to geue thanks upward vnto god. both for good and euylle. howe moche are we bounde for the grise of Gua

De morbo

iacum: ye howe moche dothe the gladnes and Joy of his benigntie towarde vs. passe the sorowe and payne of that infirmitie. The vse of this woode. was brought to vs out of an ylonde named spaynola. this ylonde is in the west nyghe to the countrey of Amerike sette in that plate where y^e lengthe of Amerike stretchynge into the northe dothe ende: and was founde of late dayes amonge the newe landes. whiche were unknowne by the olde tyme. All the inhabitauntes of that ylonde sometyne be diseased with the frenche pockes. lykenyse as we be with the meles. and smalle pockes. so or they haue noo other remedie for it but this.

A certayne noble man of spayne. beyng treasourer in that prouynce. was greuously troubled with that infirmitie: And after the people of that londe hadde taughte hym that medycine. he brought the maner and vse therof in to spayne. shewynge of what power and vertue it was in those parties.

The phisitions wolde not allowe it. perceyvinge that their profite wolde decaye therby. not withstandinge at lengthe they toke in hande to cure with the same woode. but wth suche arrogancie. attributing soe moche to their preceptis and order. that excepte they were obserued. they affirmed this woode shoulde be spent in vayne. whiche thyng I maruaile they coulde perswade to any man. and make hym beleue it. seminge it is playnlye knownen. that in that ylande were neuer phisitions. And yet hathe this woode. Guaiacum alwaies ben there used. But in this cure what besynes is mete for the phisition. I wyll here after declare

re. Nowe I wyll speake of the thyng intended. They
 haue giuen it this name Guaiacum. for so the Spa
 nyardes write it with latyne letters. folowynge their
 owne maner of founde. whiche worde the people of
 that ylande pronounce with open mouth. huacum.
 And Paulus Fitus shewed me at the Citie of August.
 that he harde saue of a spanyarde whiche had bene in
 that ylande that the fyrste syllable. Gua. of this name.
 was not pronounced of the Spagnolenses. with G.
 but that his owne tongue dydde require it so to be writ
 ten. And they of that ylande founde it with. V. puffed
 out. as though it were huacum. a worde of three
 syllables with theym. and not. Guaiacum. we may
 geue vnto it some excellent name. callynge it lignū
 vite, as. Philo the phisicion called his drectges the
 handes of god: and to this daye the phisicions with
 greatte boyste calle their confections. marmis christi.
 apostolicum gracia dei. Antidotum. Paulium.
 and many other suche superstitious names. They
 saue it groweth like an ashe with vs in heygth. and
 is rounde. bryngynge forth a nutte moche lyke a
 chesse nutte. his tymbre is orle and fatte. in colour
 lyke bove. but somewat blackyshe. And they iudge
 that the best. that hath moste blacke: but that which
 is lyke to boxe. differeth frome that which is blacke.
 for this is withm. and thother withoute: or to speake
 more playnely. the blacke is as hit were the harte &
 marrowe. The wodde is marueylous heuy. for the
 leaste peate of hit caste into the water. synketh straighte
 to the botom. There is no wodde soo harde as it. for it
 is so harde. that it wyll not cleaue: nother hitherto

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haue we sene any. that was chyned. And they that sell it
saye it wyll in no wyse rine or thyn. Whan it burneth
and flameth. it maketh a swete odour: and there folow
eth fro it. whan it burneth. a gome whiche we yett
knowe not. for what pourpo se it serueth. This gome
is somewhat blacke and shortly after it is fallen away.
it is verre harde. The barke is not so thicke. but is mer
uaylous harde. whiche tokens well marked. I thinke
he that shall comterfete this woode can not deceyue the
eye. for be it. a manne may be deceyued in the colour.
how is it possible all these thynges to be in one. a fat
nes. smellynge. somen hath lyke rosen. suche weight
as no woode hath besyde: Than the gomme that co
meth from it. whan it flameth: suche hardenes that
maye scantly be cutt: And the leaste peece cast into the
water wyll not swim aboue: And the taste ones kno
wen wyll neuer suffre a manne to erre. whiche as it is
to all men vnpleasent. so it is to me ye very pleasent
They saye it contynurth not after it be sodden. but pal
lethe. in the sommer after thre dayes. and in the wynter
somewhat later. And therfore we muste chose the
fatteste and weyghtiest therof. for that whiche is olde. is
lighte and leane. Vppon this description lett the phys
cions. if hit please them. drawe out the causes of suche
efficacye by theyre longe disputation. as for me I
more reioyce what it is. than I serche what maner of
thyng it is. howe be it I graunte them worthy of mo
che thanke. that shall fyrst shewe vnto vs the nature
therof throughout knowne: But nowe there be some.
that were and esteeme the strengthe and vertue of this
tree by these knowne markes. as though they had suffred

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it in all poyntes. whiche thynge is done. as me se meth. very hastelpe and tyme. thynkyng that the cause and reason of suche efficacie and powre oughte to be serched for in this tree. after his nature and vse is known. lyke wyse as it is doone generally in all other medicines. But none of his vse. and how it oughte to be prepared vnto medicine.

Of the orderinge of Guaiacum in medicine. Capit. vii.

It is ordred after this maner. The wood must first be made as small as may be. whiche thynge some do. at a some and thanne with out any more ado. they laye the shauyngees a water. and somme doo firste broyse or stampe them in a mortar. soo nioche that they bryng them into powder and duste. to thynkente they may the sooner be throughe soaked. and their strengthe sodden out. But I note not. whether that make any matter. I haue sene some that haue cut it firste in a sawe. and thanne raped the pyses with a rape. and haue taken and putte theym in to water. Some soe euer it be. whether it be tourned. raped. or beaten to duste. they soke a daye and a nyghte one punde meighten eighte of water. taken either of a well or of a ruer. or as I dyd. of a prytte. than they seth it in a newe glased pottle. and done washed. with a soft fyre of coles. by the space of. vi. houre & more. vntill hit come to the oone halfe. with greate hede ta and diligence. leaste hit runne ouer throughe moche heate. for that whiche ouer runneth loseth. they saye. moche of his vertue. and is of lesse power. And therefore it may not

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be sodden in the flame. but it requireth fene cooles. and a pottenot filled almoste by the m parte. The skome that floweth aboue they taken awaye to anornite the soote with: for we knowe it to haue moche power to drye. After it is thus sodden. they strepne it. and poure it into a glasse. And than they put to the groundes eight pounde of water and sethe it agayne as before as it were a seconde messynge. This thynner they gyue them to drynke with their meate: the first is dronke in the stede of a medycyne. And this is all together. that deliuereth vs frome soo great and greuous disease. this decoction is it. This is the chief poynte and anker of our helth. And it hathe so lyttel nede of any othe thynge. that it wyll not abide any maner myxture. or mynglynge. as I wyll shortly after declare. Some wolde that lighte water and clere shoulde be gotten for this purpose. Somme admytte all maner swete water indifferently. by cause in sethynge what so euer it be. it is purified. All wolde that good diligence and hede shoulde be taken in tyme of sethynge. that it runne not ouer or boyle to faste: they byd that the pot be close stopped. that nothynge brethe out. but whan the skom is perceyued to ryse. it must be softly opened. and the skomme taken oute. and soo couered agayne. They put this decoction. whanne it is strepned into a glasse onely bycause it shulde be sene. and by cause a glasse of all vesselles is pureste and cleamest. The colour of this decoction is some what like muddye water. whan it is some what troubled. yete lynneth in it. and it mayethe grene of a meruaploris shewe. The releffe thereof at the

fyrst tastynge. is some what soure. but to hym that v
 seth it. bi lyttell and lyttell it wareth pleasant. The
 phisicians were so holde. as to put. to a pounde of this
 iii vnces of honny. whiche thynge as I do not improve.
 soo do I denye it to be necessarye. And I wolde nothynge
 shoulde be added vnto suche a thynge beyng of suche
 power. where as it nedeth not. For what nedeth a man
 thereto bestowe his labour where as no nede is: And
 to save the trouthe the releffe of Guaiacum is not soo
 greivouse that it requireth to be tempred with honre.
 yea were it not for my maisters the phisicians all mene
 wolde be contented therewith. Howe be it what nedeth
 me to name phisicians. whan I speake ouerly but of
 tyflers: for they that be conynge and experie as is.
 O mooste noble prince. Stromer thy phisicion. and
 throughe frendshipe myne also and thy other phisici
 on Coppus. suche I save. understode and knewe howe
 hit is not comeniente. eyther to meddle it with vnkno
 wen thynge. and myngle them or elles to add ought
 vnto those thynge. whiche as yett are not pperued
 to lacke oughte. The whiche thynge as hit chaunced
 ys to haue communicacion of this woodde Guaiac
 cum. at the certie of Auguste. whan many haue ad
 vrsed me to commytte my selfe to this maner to cure:
 and I for newnes of the thynge wolde here none of
 them: Stromer speakynge after this maner of this
 woodde with greatte grauitie of wordes saide. that
 he feared lest the helthsome and excellent power of
 Guaiacum shoulde be defamed throughe the super
 fluous additions of vnlearned phisicians: whiche
 thynge if it were not doone, nothynge coulde be

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founde better agayste this syknesse. And with his wor-
des caused me streighte withoute any tarpenge to caste
my selfe hedlynge into this experience of Guaiacum.
And therefore I wolde this. none ones spoken shalde be
generally vnderstande. that as often as I shall com-
playne in this smalle treatise of phisicions all men
shoulde thynke me to meane them that haue noo eru-
dicion nor experience. and that bothe them selfe amon-
geste the common people. of the title and name of
theyr doctorship. whiche they brought that knewe no
ther greke nor latyn. and yett no science requireth more
erudicion or knowledge of the tonges than phisike.
the wyche beyng mooste ignorant. do brastely abu-
se the simple people of Germanie. seminge there is noo
doubte made of his lernynge. that is ones garnys-
hed with the name of chaister doctor. But why
haue I vsed in this thyng so many wordes: verli
to make my cause good with the excellent prince.
and to defende my schue agayste them. that by this oc-
casion moughte accuse me. as one that spake wordes
more snappish than besemed me. whiche thyng whi-
somme of the lawyers and diuines dyd of late.
agayste whose lernynge they saide I miuered wout
good maner. whan I did synbbe but onelue the vnder-
ued. and them whiche were sore greued and were bit-
ter enemyes vnto suche good lernynge. they caused
many a good manne to thynke. that I was agaynst
them. and yet was that thyng farre from my ma-
ners. and also the purpose. wher in I than was occu-
pied. whiche thyng seminge I perceiue your excellent
nes to knowe well ynough. I will leue these runnegat

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anomyers. and thuryshe phisicians. and also these
vntaughte doctours. and comyne vnto Guaiacum
the whiche in medycyne must thus be vsed.

The maner of Curinge Capi. viii.

The patient muste be kepte in a close chambre
without ayre or wynde. where fyre muste
be nourysshed contynually: or elles he must
be in a stene after the maner of Almane whiche
shall nat neede alwayes to be kepte hotte. but muste be
close. and defende from ayre. that noo ayre blowe vppō
hym for the tyme of his curacion. he muste also be
ware of colde. Therfore if he be cured in wynter. or
in Autume. he muste loke. that he haue fyre in his
chamber. eche in the morninge specially before daye.
for than is the colde feruente. he muste cause the cleses
of the wyndowes. yf any be. to be stopped with plais-
ter. or other lyke matter. and vppon the chambre
dore muste he hange carpettes. or other lyke thynges.
within and withoute that no colde or ayre entie
in to the chambre. or come out. whan he is thus or-
dered. his meat must be diminished. fyrste the
fourthe parte of that he was wonte to take. and thā
the thyrde parte. and shortly after the one halfe. y
he maye lerne to beare hunger: and his wyne
muste be well watered: thanne muste he take a pur-
gacion other with regarde that it be suche a oone as
shall be thought sufficient to cutte awaye the cause.
or take awaye the matter. that nourisheth the dyscase.

other such a one withoute any regarde at all as may
 empye the hole bealy. for that thyng. as I perceyue
 onely is required. whiche thyng done thanne may ye
 thereupon begynne this worke after this maner. The
 decoction whiche was fyrste sodden. and is strongest.
 must be mustered vnto hym twyse a daye mylke
 warme. a goblet or what ones in the mornynge at
 v. of the clocke or there aboute. and agayne at nyght
 at vii of the clocke. we call a uasis a cuppe that
 wyll receyue halfe a pounde. wherof we make ga
 ther. semge vñ pounde of water is required to the
 scthyng of one pounde of wodde. and the one halfe
 therof muste be consumed in the scthyng. that soo
 there muste in pounde remayne. and muste drynke
 therof twyse a day. that the decoction of one pounde
 of Guaiacum is sufficient for the foure dayes.
 for it is nowe a comen maner with phisitions
 to measure their licours by weighte. and they ha
 ue cleane caste vpp the names of measures.
 It muste be dronke at one draught withoute
 any breth takynge.

After he hath dronke. let hym reste more than iij
 houres. and lette hym the fyrste n. be couered. that
 by the helpe of heate this medycyne may be diges
 ted abroad into the membres. and the patient may
 sweate oute that that noyeth whiche thyng to do
 howe profitable it is. I wyll dedare whanne place
 cometh. And it shall not hurte. if he be clo
 se couered one hole houre before he drynke that
 he may be hotte.

Somewyll not in any wise he shulde ryse from

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his bedde in fyue houres after he hath taken his
draught of drynke.

He muste take his meate in the myddaye and
not before, and than as lyttell as may be for this
medycine aboue all thynges requireth an emptye be
alpe. And therefore he muste eate, not to fill his emp
tynes, but to beate vpp the lyfe, not to gyther
strength but to kepe hym selfe from feynynge.

¶ Other is there any reuerdy to be feared. For
Guaiacum hath the greate strength in it selfe
bothe to refresshe, and also to comforte, not
suche as be full, but onely those that are emptye.
ye they saye, that none faileth, eate he neuer so
lyttell, so that he drynke faithfully this decoction.

In meane tyme, he shall not be anoynted in the
oute syde, excepte he haue soores or swellynge.

And for this there is a white oymment made
of Cerussa, rose, oyle of rose, with Camphi
re, whiche is laide on with a linnen clothe. Some
anoynt them onely with the skome of Guaiacu.

or elles drye it into powder, and caste it vppon
them. And besides this skome, there is nothyng
of this decoction occupied in the out parte. Some
be healed in shorte tyme, and some longe. The
mooste parte in thyrty dayes. Ther commaunde
hym to be purged agayne the xv daye. For this
reason, I thinke, because as Alexander Aphrodi
cyus thinketh, they that hunger and receyue not
their meate as they were wonte to doo, falle awaye,
and gather a certayne sharpe matter and eger,
soo that suche matter muste be auoyded, that the bo

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dy of the sycke may be emptye. This decoction shall not be dronken that mornynge. whan he receyueth his purgacion: but at nyght lette hym take it agayne. and after that daye he maye eat more largely. And agayne the thirte daye more liberally: howe be it this more liberally. and more largely. must be very littell as I shall shewe you in the nexte chaptre. But some, lest any impediment shoulde be to lette the operation of this medicine. haue kepte oone order of eatynge equallye throughe out the xxx. dayes: and trulye the strongelper a man abideth to hunger. the better and more quickly he shall be healed. And althowghe the desyre of eatynge growe daylie more and more. yett muste he remembre to absteyne. comforynge hym selfe with the suertie of helthe if he so do. for the bodie beyng so wasted and emptied. not onely with hunger. but allso with sweate. yebeyng longe tyme as a deed bodie throughe the greuousnes of this euill. shall highe faste to the appetite of meate and drynke.

Whan this cure is comme to an ende. soo that the sicke is almoste redie to go abroad. he muste than take agayne some medycine to purge hym with but so that after that purgacion he maye drynke agayne as he dydde before. iiii. or fyve dayes space wherw they make up the hole cure. Some wylle not that he shulde goo out of the chambre. where he lyeth. be fore tyll he be throughe hool. Some thinke xxx. dayes sufficiente to kepe his chambre: & that he maye than goo forth but yet warly by

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lytyll and lyttell. and not streyghte into the open
aire: but fyrst he must walke in the same house
from chaumbre to chaumbre. and thanne to some
neyghbours house. not ferre of: vntyll he be used
to suffre the aire. for ther maye be no sodayne chan
ge. but muste vse hym selfe to all thyng by lyttel
and lyttell. And that whiche remedyeth of the
sykenesse they saye wyllyghtly behoule after he
ones sterc abrode. And that to be trewe I haue pro
ued in my selfe. for whan the xxxiij dayes were pas
sed. the soores of my legges wher not yett closed.
and therfore. I kepte tenne dayes more. And whan
those v. dayes were gone. yett was not I hoole.
wherfore fearnyng the colde. by cause wynter than
beganne. I intended to kepe in other. x. dayes. but I
was compelled by the phisicians counsell to go
abrode. and put it in auenture. whiche thyng
happened not amysse. Nowe be hit the soores that I
had than were not depe in the fleshe or swollen out
warde. but onely in the hyer parte of the skynne.
and lacked nothyng else but the skynne to couer the
with. whiche they had scantly the xl. day after I went
oute. And I that tyme. in verpe sharpe wynter. made
my iourneye frome Wyndeles into France. The
causes of this slowe healyng. I drdd coniecte this
to be. The phisicion suffred me to eate more mea
te. as I after perceyued than I shoulde haue doo
ne. and also he sodde my drynke thynner than he
oughte. for I occupied not fully. v. pounde of
this wodde. where as other occupie eghte. and
some. x. whermy my phisicion was deceyued.

for he serenge my bodye weake of nature. and more ouer extenuated and consumed with the longe contynuance of this grieve thoughte that a lytell thynge was sufficient to dryue away the disease. and for that cause fedde me the largelier. fearynge sore lesse my strenghe shulde fayle me. whiche was double error. For soo moche as he oughte not to haue looked what my bodye was. thanne. but what maner of bodye it was wonte to be. and agayne the nature of this medycyne is suche that it wyll suffre none to faynte for lacke of strenghe. wherfore be they neuer so weke they oughte not therfore to minister the lesse but rather somewhat the more. for it dothe nothyng soderly. but workyth helth by lytyll and lytyll. and therfore I alowe best that decoction. that was longeste at the fyre. and is comme to a lytell of moche wodde: soo that I wolde counsaile them to the intente hit moughte be the stronger. to sette hyt often tymes to the thirde parte.

And if any wolde be lose helped. that is wonte to be bounde. they wyll hym to take the powder of Guaiacum sodden in the water. and to drynke halfe an ounce therof in the mornynge. And if that helpe not at the fyrst. to go therunto agayne. But this framed nat with me. no not whan I toke it agayne.

None a man must lyue and diet hym selfe in this Cure. Capi. iij.

There is yett moche a doo for the orderynge of a man. as touchynge his diet. Some thynke

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thynke beste to eate nothyng but breade which
Galenus calleth the cleannest fedynge. with a fewe
rasynes. which bread they geue to the weight of
iii vnces. without salte or other saue. And they
thynke best to absteyne generally from all maner
of meate. except it be a lyttell brothe made with a che-
kyn: which they are contented he suppe or eate with
his breade moisted therin ones a day. for at nyght
they geue nothyng but a fewe rasynes. and an
vnce of breade. Other wyll that he haue halfe a
chekyn. if it be yet yonge and tender: but if it be
any thyng grown. they thynke a quarter ynough
which muste be sodden in cleane water. wherunto
they put nother salte. nother other saue. but some
putt a lyttell suger therto. Of bread they geue iii.
vnces at nyghte as before. a fewe rasynes with an
vnce of breade. But as longe as he is vnder cure
he must take hede. that he neuer soo moche as taste
salte. They allow white bread made of wheate well
bulted. which made for the nonces. they season with
suger. which thyng is not curll. There be some y
adde to his fedynge not soo moche in the place of
meate as of medycyne a lyttell borage. other of the
leaves onely. or if there be any of the flowres. whi-
che he shall eate sodden in water alone. or with his
chekyn. And this is the order of fedynge that some
do kepe confirmallye. some thynke. vii daies suffici-
ente for this diete. and than they wyll his hunger to
be eased: and the viii daie they geue hym meate
twyse. But lett hym take hede. that folowe that. for
treuly this medycyne requireth that the patient be

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made as thynne with hunger as may be possible. None be it some channce to be thorough healed within xv dayes. and yet that not with standynge they putte to a few dayes more thereto.

They drynke vnto their meate of that seconde decoction not warmed but colde. And this is all the fare. for hitherto none durste passe this measure. Not with standynge I dispryse not the phisicians that dispute of the daungers. that maye chaunce to drye and hot bodyes. if they be dryuen to this strapte diete. bryngynge for them. Galen and also. Hippocras. which seme in many places to be agaynste this exquisite diete in fedynge. But of these that vsed Guaiacum. I saue as yet none in reuerdie. and I gather at this tyme preceptis and monitions oule of experience. and not doctrine out of booke. And also I my selfe am of drye and hotte complexion and yet this hunger brought me nother into a ptisyke nor ctyke. which thynge they seme to feare.

For as moche as it is thoughte wysedome to prouyde for all thynge. I wyll that if any man. feare hym selfe. that he gett phisicians to kepe hym and that this is sufficiently spoken of this thynge. I wyll none goo forward with other thynge.

In the tyme of this cure. the patient muste forbear all busynes and cutte awaye all sadde thoughtes. and reste frome all care. And therefore they commaunde reste and quietnesse from consultations. and also studres: so that y

mynde may vtterly be free frome all moeyons
 and workynges. and geue hym selfe holly to p
 delnes and reſte. loſed frome all trouble and care.
 whiche thyng muſte be vnderſtande of all ma
 ner of men. but mooste ſpecially of them. that
 be naturally melancolye: They muſte alſo be
 ware of angre: for that as Galene ſaith. ken
 dleth chieſely the coleryke maſter. And more ouer
 we muſte take hede that nothyng happen in
 that tyme that may moue vs to heuynes. Lett
 the ſycke perſon here ſyngers and mynſtrells.
 and geue hym ſelfe to ſportes. paſtymes and
 muſike. and ſome tyme delyte hym ſelfe with me
 ry talkyng. But to company with woman.
 how moche he muſte eſchew that. I wyll ſhewe
 hereafter. I toke great pleaſure in redyng and
 makyng merry thynges. And the phyſicions ſpa
 ke agaynſte it. and not without a cauſe. ſeyng
 they beleued it. to be labour buſines vnto me: but
 I toke it not as my ſtudye but as a paſtyme.
 and for my recreation. Su pett wolde I noll
 this to be to other for an example.

Now ſome begynne to waxe verrey hungry af
 ter the ſyete daye: but I felte no greſe before
 the v. daye. And in this caſe this is the onely
 comforte. not to ſe other eate. nor to ſe meate.
 nor to ſmell the lauour therof. Neuer the leſſe
 whanne any perceyuethe hym ſelfe to faynte.
 and were ſeble for lacke of meate. I wolde not
 that he ſhoulde by and by receyue meate or
 ſtrange confection. to comforte and bringe

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agayne his strengthe. but to refreshe his spirites
with odours and plesamite smelles: for euen wth
the sauour and smell of suche odours, Galenus
thynketh the sprite and lyfe to be nourished and
comforted. yet in thys thyng as regarde must be
had. what euery mans complexion requyeth. lest
lyke thynges be ministred to them that be drye and
holte. and vnto them that be moyst and colde. ar
thynges of one qualite be mynistred vnto them all.
that be of both extremes.

As I doo more alowe through out the thynges.
that growe amonge vs. as familiar and nigh
to our nature. so by the example of Democritus
who with the vapour of holte breade made his spi
rite euen then departynge to tary hole. in dayes.
thynke I that we shoulde helpe them that fayne.
other with that breade. or els with a roasted oy
mon holde to the mouthe: for I pleynly knowe.
that in an oymon was sometyme of suche vertue
and power. whiche thyng is also proued to be doo
ne with the odoure of wyne. for therewith. Philip
the phisicion didde recouer. Alexander. as we may
se in Quintus. Lurans.

And by the traditions of the olde phisicions we
se his power and vertue in this purpose preferred
aboue all. But by all meanes we muste nourys
the spryte with the swete sauours and smelles:
for soo moche as that is the lyfe. and aboue alle
thyng the odoure of olde swete wyne is praysed
in thys thyng. Nexte is the smelle of hony. spe
ciallye rose hony. also of appulles. of the whiche

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thynge. Stromer neuer ceaseth to monyſhe me.
aſſemynge that he knoweth. howe ſtronger. and how
helpynge they be in this thynge. Of theſe ſome pre-
fere oranges: other preferre Cotonia mala. Vne-
ger is alſo prayſed. but ſpecially vineger made
with roſes: and muſtaide is welſe allowed. For
theſe thynge. they ſave. doo refreſhe the wythes.
and ſuſtayne the ſtrengthes. As for Cinamom.
nutmegges. Syrrack. Citrous. Saffron a Gylo
flower. muſke. Camphire. and ſuche Coſtely wares.
I leaue to deuyte felonnes. But cumyn. Anesſe.
coriander. Lauander. Amaraſe. roſes. Mynte.
Fenx. Roſemary. Violettes. Sage. Caſtorpe.
with other growynge amongeſt vs. none of the
phifitions that haue any iudgement. myproueth
but they aſſirme theſe to be good for this purpoſe.
And I often tymes doo vſe ſuche helpes to the great
comforte of my helthe. The ſicke man maye alſo
vſe rubbynges. ſoo that they be ſoſtely doone. by all
the tyme of his ſaide lyenge: whiche as they are
for other thynge profitable. Soo I beleue they
wolde not hurte in thys thynge. Lett hys heed be
rubbed with a warme clothe. and combed with
an yuory combe.

That Guaiacus wyll not be
myngled. Capi v.

Herthermore thys medycyne wyll abyde
nothynge to be putte to ſyll. Where at
the phifitions be commonlye aſtonyed:

whiche wolde we shulde haue none other medycines in pryte. but suche as receyue theyr power from the in partes of the worlde. whiche thynke that they shulde lose all theyr auctoritie. excepte they reyned to gyther for vs in their poticary compositions. Inde. Aethiope. Arabic. and the Garantes. that dwell in the extreme parte of the worlde. for what wyll they allowe. that is not dere and costely: And I beseeche god. that thei counsell be neuer harde nor obeyed in the vsynge of this woode Guaiacum. And that Stromer maye be in this thyng as a prophett and in my iudgement a trewe. for he feareth. and that very worsely. lest they at lengthe wyll putte their handes ther vnto.

Therefore lett. all men beleue me. that haue proued this medycine. that is sufficient to heale this disease: and that of it selfe withoute any other thyng. But as I saide. a purgacion in the begynnyng. and agayne a lyttell the xv daye. and than in the laste ende whiche thyng I wolde haue done with some one thyng. not with any medycine made of many thynges. for I verily beleue. that the phisicians loke than to theirowne profite and lucture. and not for the helthe of men. whan they saye they muste serche. what taketh awaye the cause of this infirmitie. as though this woode dydde it not. And verily. this is euident. there is noo other cause to vse suche purgacions. but to cleuse the bealy. and agayne with abstinence and hunger to draw

oute and emptye the holle bodre. But what say
ye therto : In that rude countre where this.

Guaiacum groweth. are no physicions. noo
strannge nor fetched waves nor rules of phi
syke. But perchaunce menne vse there some
herbe or rote to poure with. and all do vñ one
thyng. not to take awaye the gresse. but that
whan the hely is emptyed. Guaiacum make the
better worke. wherfore in this my counsell is.
that ye tourmente not your helye with thyng
costely prepared. and speciallye to auoyde the
compositions made of many thynges.

In this mynde I stycke surely. that I wolde suffre
nothyng to be poured into me. but onely cas
sia by it selfe. and yett they offered me gladlye
many thynges. And I was wonte also before
to poure in not onely. Ruebarbarum but al
so other thynges more barbarous than Ruebar
barum. but my counsell came to a very good
ende. whiche counsell if any wyll folowe he hath
an example commaimde mente he hath none
for we teache not these thynges keynge our selfe
taughte of other. but we mouysse you. that
whiche we haue proued. whiche thyng I wol
de all shoulde remembre. that I teache nothing
here rashlye. but that whiche I haue lerned by
myne owne experience and proue I deliuer vn
to other. And if I hadde lerned ought elles. it
shoulde not be kepte close : but now seynge by di
lygente serche and studious labour. I haue
founde out the power and vertue of Guaiacu.

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Whiche if I doo not well perceiue. it is a faule. But if I haue leened it. as it is in dede: I do not greatly couet rewarde ne laude. I wyl shew you all the hole faithfully. For that hath this medycine deserued of me. excepte. I wolde be vnthankfull. for soo greatte benefites. And therefore sernge many well lyfynge menne of nature. are corrupted through the diuersitie of medycines. yea and some of them vtterly destroyed. my sentence is. that nothyng shall be added to helpe this medycine. for this wood of it selfe is sufficient to plucke vp this disease by the rootes. If any thyng be put vnto it specially of these thynges. that are inwardely receyued. this medycine taketh noo helpe therof. but rather is corrupted and lett from his workynge. This thyng must be added thervnto. that they which drynke of this Guaiacum. of what soo euer state they be. in this sickenesse haue soo littell nede of bathes. that they be vtterly forbode by them that be experte. to washe soo moche as theyr heed. as longe as they shall be in this cure. and are permytted very seldome to washe ther handes. but neuer with colde water.

*what place the Physitions haue
in this cure. Cap. vi.*

But none I knowe that some suspecte me to be of this mynde. that I wolde on physicion to be vsed in this cure. whiche

thyng is far otherwise. For my mynde is. that
 somme. that is well lerned and wise. shoulde be
 gotten. whiche is not bolde ne liberall in pouring
 in of poticarye ware. his custodie and also his
 order. if he haue lerned the vse of the administration
 of Guaiacum. I wolde the sick parsonne shul
 de vse. And these mischeuous busy felowes. whi
 che are soo gladd to offer to be this strannge
 ware. and medycines. if any be broughte fro
 the heedes of Nilus. of whiche. the more they
 coste the more they make of them. auansynge
 them aboue the mone. these I say I wolde haue
 dryuen away. and in nowyse to se the sick no
 not throughe a lapy. I haue proued this thyng
 euen soo to be as. Asclepiades nudget. whiche.
 thoughte all maner drenches vnfrendely to the
 stomake. And Celsus also saithe that medycines
 for the mooste parte hurte the stomake. ye and
 more ouer that happened to me. that the same
 authore shewed before shoulde happen. that medy
 nes receyued into the body. whan they had byn
 kepte in the lower partes. were dryuen backe a
 gayne into the heed. and caused great payne.
 whiche thyng lette all remembre that wyll en
 tre into this cure. that they commyt not them
 selfe rashly to suche tourmenters. not onely by
 cause the nature of this woode is not yett well
 knowen. but also bycause it is their maner ne
 uer to knowlege ignorance. but allwayes to
 commaunde somewhat. to mynistrer. and
 geue somewhat. vnto whom a man shall

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at noo tyme shewe his water. home well and hel
the full soo euer he be. but they wylle make their
byle to the poticaries. reape recipe. take take.
sayinge that outher they suspecte some sickenes
to be begon. outher elle that the which is nowe
at hande. must be prevented or it come. erap
te thou swalowe this save they or drynke that.
thou haste the ayes. O mischeuous men. yf
they may be called men. and worthye to be
hated of all the worlde. But what soo euer they
be. they haue ben bolde to take vppon them ma
ny thynges of late. aboute the administrati
on of Guaiacum. trustyng in them selfe.
vnto that worke. the sellers therof helpynge the
forwarde through some conuencion and bar
gayne made betwene them. I beleue. for whan
they sawe. that by meanes of this rude. wyle.
and contemptible medycyne. there shulde be here
after no nede of theyr dysceptacions. for I.
knowe some that wolde withstande soo fauo
rable and good a thyng. and yett durste not.
And of the other syde. whanne the merchann
tes feared. lest they shoulde sell but lyttell. if the
physicians allowed it not. for noman wolde
lyghtly goo vnto a medycyne that came frome
so straunge a place. and was mynistred soo
farre frome the comney maner of medycines.
thanne they agreed betwixte them. I beleue. y
this shulde be sprede amonges the common
people. that the physicians labour was ne
cessary in this cure: Soo that they sellynge a

remedye approued of the phisicians. mought
gette as they were wonte. and the phisicians
in the meane tyme shoulde lose nothyng
of their styppendes. seynge that they were called
vnto this cure.

I know certeyne phisicians of a better sorte.
that wente into spayne in the Emperours
name. and in the name of a bisschoppe here.
only to enquire and serche for this thyng.
And these. whan they were taught of theym
that lerned and knewe the thyng in Spag
nola. tolde nothyng in maner other wyse.
than oure experience hath: but that they ad
ded of their owne braynes. what medycines.
vppon what dayes. with what obseruati
ons ought to be receyued. and by a mathe
maticall dyete. howe they shoulde behaue theyr
selfe in eatynge and drynkyng. which thyng
I beleue. they dydde of noo euyl mynde. but af
ter their maner and supersticioussnesse. vsed
of somme good phisicians. whiche are soo de
syrous to helpe the sycke. and are soo tender to
warde theym. that sometyme they doo more than
they shulde. Theyr good myndes I doo allowe.
but yett I thinke it dangerous. to agree vn
to all men in all thynges. But to retourne
agayne to these vll mynded phisicians. I
thinke they be agreed with the marchantes.
that they may be admitted into parte of the
lucre and gayne. for I my selfe dydde se a cer
tayne phisician. if we wouche safe to calle a rude

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and an vnlearned asse by his name. who with many wordes dyspraysed this wodde. Guaiacum. as a vayne thyng. and nothyng worthe: but that the merchauntes fayned it to doo these thynges. But shortly after this lewde dysprayer was called vnto the cure of a certayne riche manne. and shortly after to an other. And whan the manne beganne to smelle the golde. and sawe greatte gaynes to comme throughe the multitude of such sick men. he beganne fyrste to be more gentyll. and to dimynysh his cruelties and malice more and more. and within a while pressed this wood. and greatly auanced it. and saide: I nowe at the laste I my selfe haue proued the meruaylouse power and vertue of this wodde. Nay nay asse. but nowe thou hast founde thyne aduantage them.

And after this maner this medycyne semeth to come into their canons. lyke wyse as all other medycynes haue done. whiche thyng if it be done by the auctorite of the wyse expert. and lerned phisicians. I improue it not: howe be it my mynde tryeth me. and I verily beleue. that they canne not doo it as yett: And againe I thinke hit not very necessaie. for eether in Spaguola. where are no phisicians. somewhat is lackynge vnto this medycine. or elles it oughte here lyke wyse to be mixed. withoute suche supersticioufnes and formalites. Maye there any man be soo lyghte of beleue. as to thinke that the phisicians can

handell this busynesse more commynge. than they whiche knowe it by experience in them selfe. consideringe howe that Guaiacum. hath not continued soo longe with vs. that they myghte in that space haue serched and lerned his nature. And to speake in fewe wordes. men doo yett meruayle at the thyng. and is not as yett come vnto perfyte knowlege. Therefore canne it nott be vnder theyr canons in this shorthe tyme, or any cause of his operation shewed.

Lette this therefore styrre faste in all mennes myndes. that they thynke this symple dyete sufficient to cure and heale them whiche we teache by experience in oure selfe. Lette theym be seene and looked vppon. of the sober and lerned physicians: but lette theym leaue the dregges and spices of this other sorte. Lette them beed fare well foreuer and daye to these that goo about to restore vs frome diseases with their disputacions. These are they whiche as I saide. allowe no thyng that is vyle and of smalle price. and whiche thynke that I telle fables. whanne I say that I haue dryuen awaye the ayes more than eyghte tymes. by drynkyng of myne owne water. by and by at the beegynnyng: and with no other medycine. And that I haue sene menne in Savonie. whiche haue quenched all maner dyscasses with drynkyng holte buttered beere. And agayne they will not beleue me that there is a seruante of my fathers. whiche with. m. cc.

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sayne herbes sodden in wyne. hath heled a mannes
brayne panne broken to peces : and many sore and
cuyll woundes hath he heled with a fewe herbes of
our owne growynge. sodden in wyne or water.
And that within .x. or .xij. dayes. without any feare
of feauer. But thus they thynke a wyle medycyne.
sayinge it is not done after their canons. and the
same thynge do they nudge of Guaiacum. whose
nature and power. howe derelye they understonde.
and what maner wordes they vse to haue of hys.
we may perceiue by the answer of a certayne no
ble physicion. not nowe yonge. that he shulde be
gyrne to practise. but of extreme age. that is verie
lyfelye he sealeth. Amen. Mesuen. and other au
thors of physyke as well as his owne wayles.
This physicion whanne I was wrytynge these
thynges. and takynge my iourney from ffran
keforde. where he was wrytynge of his recipe. was
asked of a certayne frende of myne. what he thou
ghte of Guaiacum. I haue not seene it, saide he.
but what so euer it be. the weighte. the colour. the
sauour. muste be considered in quantite and
qualitie. Than saide I. his weyght is very heauy.
and synketh in the water. howe littell soo euer the
cuttyng be : and hath the same colour almo ste
that is in bove. and it smelleth fayntely. somme
what of rosen : doeste thou knowe nowe by this
what the nature and power of Guaiacum is :
Than he thynkynge to face me downe with wor
des. chattered I wotte nat what. out of Aristotelles
predicamentes. Than saide I. It may be. good father

Gallia.

sange the disease is newe. and this a newe medycine. that the hole matter is yett ynknownen vn to you. Thou arte deceyued saide he. it is noo newe dyscase. seynge Plini wyrteth therof. Than I. beinge desyrrous to knowe. what he knewe in Plini. that I knewe not. asked hym. what name plini gaue vnto this dyscase: Oen tagran saide he. quia vexat mentem. that is to saye. by cause it vexeth a mannes mynde. Than sayde I. why and doo not other infirmities and sykneses than tourment and vexa amans mynde: or dothe not frensyes. madnes. the fallynge euill. and other ransysshynge of the mytte this thyng more than the frenche pockes: As he was interpretinge I can not telle what: good olde man. quod I. lerne agaynst an other tyme to answer more wisely. and specyallye in suche thynges as apertayne to mannes helthe. For if ye hadde redde Plini. ye wolde not say. Mentagran. to come amente but amento. for in the chyn that dyscase fyrst began. whiche thyng declareth it to be an other syknes than the frenche pockes. And who coude forbear to rebuke this myscherious mad asse heed: But lett vs passe ouer these rascall phisicions. of the whiche we se a great parte riche in wordes. but in the knowlege of thynges verie poore. and lett vs retourne to oure pourpose. wherof this is the pith that phisicions shall be taken in this cure. not as mynsters of medycines or healers. but as lepers. And these to be. as I haue ofte saide. chosen

De morbo

wyse and well lerned. and mooste experte. and
suche as hadde leuer be wyse by thern selfe. than
erre with the common sorte. And suche as yf
they coude heale a sick manne with eatynge bea-
nes. wolde not seeke for any costly and especially
straunge medicines.

*Whether concernynge this cure there
ought any regarde to be taken
of thage of the seve. or the
qualitie of bodies. Capi-
xii.*

When they. whiche I tolde you wente into
Spayne. to knowe the vse of Guaiacum
enquired. whether chyldren and great
agedd parsonnes moughte be holpen with this
remedye. for seynge they were weake. it was in
doute. where they coude abyde this diete: an swe-
re was made by them that hadde bene in that y-
londe. that they neuer sawe chyldren by this reme-
dy delivred frome sickenes: But the meene of
that ylonde shewed them. that children were won-
te soo to be cured. and women lyke wyse with-
oute any difference. and olde men also very ofte.
wherupon I remembre the notable sayenge of
Hippocras. that olde men maye well aware w-
fastynge. but men in stronge and stedfast age.
scantly. yonge men moche worse. and children
worste of all. specially they that are of a forwarde
and quicke mynde. Now be it. Galenus wyll not

olde

Gallico.

olde meime there to be vnderstande men of the laste caste.

Furthermore it is well knownen. that they that are of a sanguine qualitie of bodye. maye abide hunger better and longer than the colericke. for in the sanguine the humours nourysse the bodye are more abondante and plenteous. the heate is temperate and lesse hournynge: for it is myngled with moysture to make it slacke. but in these other all thynges are thynne and drye. and nedre of humours. Some who doubteth. but they that be fleumaticke maye beste abyde hunger. for they haue more moyster than they nedeth. whiche thynges marked and perceyued. none that wyl take this matter in hande can lacke counsaile. in what age or coplexion so euer it be. but he shall knowe to dymynyshe the meate. and howe to enlarge hit. and agayne howe to bringe in strayne fastynge. and howe to lose it. Soother that one hve. but also howe moche or howe lyttell of Guanaum ought to be spende. Some be it in this thyng. I thynke lyttel regarde to be taken. because this decoction. as I haue before tolde. is not suche as healeth by violence. or has

De morbo

tely bryngethe helthe. but suche as bryngeth
forthe his effecte slowly. and by littell and lyt
tell. and in a maner cann not be percerued.
soo that I thynke it not to be feared whether it
be mynistered to an olde manne. a chylde. or
a mayden. lest there be to moche gauen. so that
no man passe to farre the mesure. whiche
I haue apoynted. Therefore ye se. that I com
mande noo more to be gauen to the fatte.
than the leane. And all so. Gelsus saythe.
there is moche diuersytie betwixte a stronge
bodre and a fatte. and agayne betwixte a
thynne bodie and a weake. for they that be
thynne they haue moche bloude and they that
be fuller haue more fleshe. whiche thynge
ofte tymes deceyueth the physicions. as I
tolde you it happened in me. while they iud
ged a slender bodre to be weake. and a fatte
bodre and greete to be stronge and myghty.
Thys oone thynge. I thynke beste to shewe
you of in the way. that my father beyng al
most. xl. yere olde. was holpen with thys
Guaiacum. obseruynge and keepynge this
diete straitely. and yett suffred no great
gryefe: and in the meane tyme counsaylled
with noo physicion. no he saue not ones a

physicaion. but onely vsed my prescriptions.

Whether the vse of this wodde be lyke
in all places. Capit' viij.

Furthermore I note it well. that men
wyl aske me whether the vse and ef
fecte of Guaiacum be euerye where
lyke. And also sernge it is a verie strannge.
thyng. whether it be as conueniente for the
Germaines as the Spanyardes. and for tho
se that lyue soberlye. as for these that lyue o
ther wyse. for as it semeth noo doubte in other
medicines. but that there oughte a regarde to
be taken. of the nature of the place. soo lykewyse
ought there as semeth. aboute the administra
cion hereof. For as the season of the yere muste
be marked. soo lykewyse muste the place of y
sye be considered. and that for many causes.
and speciallve by cause we maye abyde hun
ger otherwyse in a thicke ayre. than in a thyn.
But the residue of these thynges. I leaue to
the physitions. to be more dyligently discussed
of them. That that I haue lerned. and as mo
che as semeth to appertayne to the Germaines.
I wyl open vnto all men.

De morbo

They of Spayne thynke. this medycyne. ought to be lyke wyse mynistred in all places for this dyscase. semge it hath nothyng. but that that all men maye vse euery where in differently. and also hath ben proued amonge the people of fyue dyuerse nations. fyrste it came frome Spagnola into spayne. and than other nations aboute theym soughte what profyte wolde come therof. And whan they understode. that many hadde used it prosperouslye The Etylians receyued it. from thens it came into Italye: and shortlye after we of Germaine haue lerned the power ther of by experientie. And of late we haue saye. that by the helpe of this woode. many be cured in fraunce. whiche thyng seynge it is so. and seynge we lyue vnder that ayre. whiche is not so moche subiecte vnto syckenessis. as the countray of spayne and Italie are. throughe the subtilnes of the ayre. and therefore nedesse to feare those vuelles. whiche maye otherwyse chaunce. as the feuers. stytches and suche other: And agayne seynge we haue stronge bodies. that maye well. awaye with labour. hunger. and thyrste. And also the myndes of the Germaines. for

the mooste parte. are merly sett. what shulde
 cause vs to thynke. but that oure region and
 menne be very apte vnto thys medycine: whi-
 che thyng. Paulus. Epius. a phisician of
 pure iudgemente and highe erudicion. appro-
 ueth. and more ouer affirmeth. that he know-
 eth by playne experiente. that no nacion is
 more apte vnto this dyete. But if we hadde not
 seene some restored vnto helthe throughe the
 helpe of Guaiacum. and none shoulde be
 gyue to proue it: we ought not beleue. that
 god were so amock sette agaynst vs. that he
 wolde ether kepe this helthfull medycine fro
 vs. or defraude vs of the vertue therof. seynge
 it was broughte frome Spagnola into Span-
 ne and hadde the same vertue there wiche it hadd
 at home: excepte a man wyll saye that Gua-
 iacum dysdarneth to be caried vnto vs. his
 nature fyrste not chaunged. or wanne it com-
 meth to the Germaines. that than it suffreth y
 greate and myghty powre and strengthe of
 his. to be taken frome hym. and noo where el-
 les. And it is playnely knownen that with vs
 his helpe is very present. and peraduenture
 more presente than elles where. And oure
 men. as ther be moche gyuen to surfetyng.

so can they. if nede require. abide ver longe and
 strongely bothe hunger and thurst. And
 more ouer as our bodyes abounde with heate.
 so are they very stronge. for after the iudge-
 mente of Aristotlle. they that inhabite colde
 countreys. haue moche naturall hete in they
 and they that haue moche heate for the moost
 parte are of great strengthe. And by cause the
 Almaynes vse moche eatynge and Drynkyng.
 Riccius the phisicion was demaunded of late.
 what he thought. whether it were beste to remit
 some what vnto theym in this cure of this scle-
 der and thynne dyete. and he saide: No by
 saynte mary. not thus moche. but rather han-
 dle theym the strayer. lette these great helpes
 vsed in eatynge and drynkyng. be dryuen
 to a moche thynner dyete than these thynne
 and leane Italyans. And he shewed me hym
 selfe. that he hadde punysshed with hunger
 one of these fatte felowes. v. dayes longer.
 thanne he ought to haue done. by cause he
 wolde haue nothyng remayne that myght
 lette the operation of Guaiacum.
 This thynge and suche other I doo gladlye
 reherse by Riccius. and doo make often men-
 on of Stromer. that suche as shall rede this

Gallito.

boke may vnderstande. whome I call good
and right phisicians. and howe vnmorthye
I thinke these common formenters of inceme
of the dignitie of this title and name. And
that straunge countreis maye knowe that
Germanie hath some good and excellent
phisicians. And that I delite as moche in the
lernynge and amptie of them. that be good
and well lerned. as I hate these vnlearned and
foolhardy felowes. whiche after they be for
theyr moneye ones made doctours. streyghte
professe. that they canne reuue the deed. and
restore lyfe to theym that are buried. But I
wyll retourne vnto these two. whiche be of
a nother sorte. of the whiche two. Stromer
whan I asked hym the laste yere a medycyne
to pouрге me with. saide. doo not vexe thy sto
make with medycynes in this age of thyne.
in whiche nature is able of her selfe to doo all
thynges moche better. for as he is vexe scar
se in pouyrnge in of medycines. soo brvneteth
he all sicke people vnto a vexe strayte rule of
dyete. wherfore whan he hadde taken in hande.
to cure one in the cytie of Auguste after the
se mayes. and he saide. that he feared. lest he
coude not absterne hym selfe from women.

De morbo.

Seynge than saide he thou haste decreed to dye.
thou haste noo nede of my helpe. and soo forso-
ke hym and lefte hym to his intemperancie.
Of this sorte there are two phisicians moos of
excellent name: wherof the oone is thy phisici-
on. mooste noble prince. named Gregory
Coppus. whiche hathe holden me noo littell
thyng in the wrytynge hereof the other contri-
nueth in the archebysshoppe of Colynes court.
called James. Le belly. a man of soo greate au-
torite. that four yere afore that he was made
the common phisicion. all phisicians were they
neuer soo cunnynge gaue place vnto hym.
The other was hadde in greate honour of all
the chiefe learned men of Papia. where this
studie flourissheth. as well for the knowlege
in phesicke as for other good lernynge whiche
he hadde iorned vnto phisicke. But this is
noo place to reken vppre the excellent learned.
men. but my purpose is to wryte myne expe-
rience of Guaiacum. And therefore in this pla-
ce I repte this to conclude with that. I verelye
thynke. that this woode wyll helpe all maner
of men. where soo euer they be become brough-
te vp. or contynue.

Gallico.

What tyme is beste to take here
vnto. Cap. xij.

It seemeth for somme causes that folow.
that it is better to proue this cure in som
mer than in wynter. fyrst bycause as
as Galen saythe the moysture in sommer m
creaseth and runneth in all the bodre and dothe
goo and comine: and therefore the pestylence
humours maye lightly be seperated frome
the good. and they may be expelled and banys
shed: and these that be holseme and good kept.
Secondely bycause all dysseases in wynter do
fasten theyr rotes deper. and take surer holde.
and in sommer contrary wyse. the humours
be styll mourne. and the bodre is apte vn
to all chaunges. But these considerations
appertayne generalli vnto all diseases: But
as concernynge this oure cure of Guaiacū.
for as moche as a greatte parte of hit scan
dethe in drete and suffraunce of great hunger.
therefore it is moost expedyent to begynne in
sommer. In that season a man may better awaye
with this drete thanne in wynter. whan men
are very hungry. For yf the bodre. beynge hotte
and boptynge of hit selfe. as it is in sommer.

De morbo

shoulde moreouer be loded with meate. hit wol
de lyghtelye be dissolved into dysceases. But in
the wynter it wolle not soo. for soo moche. as.
Hippocrates saith that in wynter a mannes
bodre inwardely aboundeth with naturall
heate. and outwardely lacketh it. for so moche
as thanne it auordeth and fleeth frome the sha
rpnesse of the colde. wherwith the body oute
wardely is compassed. into the inward parts
es. as vnto a stronge holde and castelle: and
there closeth it selfe vpp: but contrarie wise in
Sommer. the same naturall heate in mannes
bodre foloweth. as Aristotle thynketh. the. Na
ture of the aere. and therefore putteth forth it self
and fleeth oute to the extreme parties of the body
But soo it is. that the verie nature and proper
tie of this medecyne is to reduce in to the bo
die. and brynge home agayne suche naturall
heate as is loste.

And therefore this it seemeth unconueniente
to goo in hande with. or putte in experience this
cure in the wynter. for than it is thought dan
gerous. when the heate of the outward parts
is drawen vnto the inward partes lest the
outward partes be forsaken and lest emptye
of their strengthe and power. speciallye in them

Gallico

that be colde of nature. Whiche otherwysse in the wynter loose their heate. and haue their bodyes slayne throughe the violence of colde. and be lyke vnto deade folke.

But here maye we not passe ouer that whiche Coppelus admonysseth. sayenge. Guaiacum moueth a manne to sweatte castynge oute the euill humours that be noyefulle to the bodie: Therfore saith he that sommer is mooste apte for this cure. When the humours are more subtylle. and the skynne thynner. And in wynter the wayes and pores. by the whiche the sweatte shoulde haue his course. and be expelled. are stopped. and the humours gathered togyther. and clodded. But on the other syde. for soo moche as in this cure doone by Guaiacum. the sick are greued with nothynge more than with thurst. it is thought. that the sycke may worse abstayne frome drynke in sommer than in wynter. Wherfore in spayne. and where the heate is vehement. they durst not hitherto proue this experymente in the sommer. Furthermore. in wynter. after the mynde of Alexander Aphrodisius there comendeth on a man throughe much eatynge. For than haue men much better appetyte. than in other

De morbo

seasons. an humour called pituita. that is fleume. which thinge mought be auoyded. yf this cure were than in hande. in which the great abstynence muste be obserued and kepte. These thinges we haue spoken as touching the tymes of feruente heate and feruent colde. and now we will speake of the other two seasons. that be betwixte bothe of the which two Autumne semeth be worste of bothe. for than is there greaſte abundanſe of all maner sicknesses. and the humours were worse and worse. because this tyme of the yere is vnegall and withoute order. alwayes chaungynge and inconstante byngynge in many kyndes of diseases. For as Celsus affirmeth. Autumne fylleth many a one.

Furthermore the frenche pockes are verie noysfull to synowes, and the said author teacheth. that wynter and Autumne be not mete nor apte tymes vnto medocines. for the resolution of the synowes. But these are the reasons of them that dyspute generally and speake not onely of the vse of Guaiacum. wherefore this I thinke. that sommer at the leste wayes in Almanie may be best tyme.

ten: but that is that parte of sommer. that
 beynneth whan yere endeth, as m. maye.
 for than there is not here so moche heate. but
 the sicke maye well abyde and suffer thurst:
 And in wynter the colde is veri feruente. and
 lykwyse in vere and Autumne the colde is
 sharper. thanne the sicke may abyde this cure.
 For it is one of the chiefe poyntes for hym.
 that is restored by Guaiacum. with all
 diligence to eschewe colde. And as for suche
 in commodities. as may hapen in the som-
 mer to the intente they maye the lesse be feared.
 I haue spoken of before. and shall repete them
 agayne. whanne place shall be. And neuer
 thelesse at this tyme. I doo as firme. that this
 drynke of Guaiacum dothe meruaylouse
 ly styre vpp the naturall power and stren-
 ghe and haue power and mighte to qui-
 ten and to make lustie the bodie. whiche for
 lacke of naturall heate is weak and con-
 sumed: whiche thynges yf they were not
 as I haue saide. and hadde not Hipocra-
 tes in a certayn place. if I well remembre
 me. saide: that Vere and Autumne are the
 mooste apteste tymes to lett blouode and
 mynister medycynes. veru the counsaill

De morbo

of Lelsus shulde thanne haue semed beste.
whiche saue: Were is the holsoneste tyme to
goo to phisyke. and nexte vnto that wynter.
and that is verie daungerouse. and Autūne
mooste daungerouse of all.

*That we muste viterly forbear
wyne and women in
this Cure. Capit.
xx.*

No maye I not boldely affirme. this
medicyn to be giuen vs of god.
seyng it neuer helpeth. excepte a
man be giuen to holynes of lyfe: Verlie.
where as we be brought into the fauoure of
god by two vertues specially. that is by the
chastite of bodye. and abstinence of meate
and drynke. as the lawes of chrystian peo-
ple beare recorde. Lett hym be sure. excepte he
brude hym selfe straitely in these bondes.
he shall not onely come into the medicine in
wyne. but shall goo forwardes also in the
same with noo lytell daunger. In so moode
that it is playnly knowen. that he shall dye
withoute remedye that vseth any womann

before the vii daye after the cure is begonne either by
cause the bodye so emptyed. is not able to suffer the
nature of that acte. or elles by cause god wille
not that any man shulde vse such his greatt be-
nesite vnpurely. And therefore amonges all them
that proued this woode in almayne. it hapned
one felowe to dye. and that through thys faute as
they that were present affirmed by their othes.

And nexte vnto this the vse of wyne is know-
en moost pestilent. and muste be auoyded in
this cure. For it looseth the ioyntes of the bo-
dy. and hurteth the synewes. And for asmo-
che as it hath vehement power to enter in
to the hummes. and shake all the body. it is
thought. that this decoction of Guaiacum
shall not profyte in his body. that vseth wyne
but shall rather put hym in reopardie and
feare of death. whanne these thynges. Gua-
iacum and wyne. whiche are mooste contra-
rye. mete and come to gyther. Therefore some
there be. that monyssheth to abstayne frome
wyne an holly moneth after the tyme of this
cure is paste. for so moche as this medycine
keepeth his course of workynge many dayes.
after it is dronken. And therefore lest any thyng
shoulde stoppe or lett it they take awaye the
vse of wyne. and he that fleeth the voluptu.

ous pleasure of the bodye muste take hede that
 he geue noo place to glottonye. For the olde pro
 uerbe witnesseth. that hunger neu begetteth adultery.
 And agayne it is saide. that Venus waveth
 colde withoute breade and wyne. Aelianus
 writeth. that Zalenus the lawpere of Lorense.
 forbode syde men wyne vnder payne of dethe. w
 out the phisicians counsell. But be it the na
 ture of Guaiacum myght suffer this volup
 tuouse acte. and dyd not abhorre wyne. yet
 dothe the phisicians booke with full mouthe
 make mencion. that they are very hurtefull &
 greuous vnto that body. which is take with
 thre syknes. and pryncipally for the ioyntes.
 Wherefore. Celsus reporteth. that there were
 some that were vexed with ache in therr lym
 mes. which throughe one yeres abstinence
 from wyne and womenne haue bene safe all
 therr lyfe. And the same Celsus concludeth. &
 suche as are borne chaste. or be gelded. or chyl
 dren. or euer they fall to womans compaignie.
 and lykeswyse women. excepte theym that haue
 therr flowers stopped. are seldome tempted w
 this dyscase. And. Alexander in his probleme
 saith. that suche as drinke water onely. are
 quicker in all senses thanne other. For wyne stop

Gallio

reth the waxes of the mynde. and dulleth the senses. And Licerio saith. that for so moche as wyne profyteth the spyte but seld. and hurteh wyte often it is moche better not to drinke it. than vnder the hope of doubtfull helth to runne into open icoperdie. And Demis. in what so euer stat a man be. coldeth the belve and dryeth it. if Aristotle be true. for in such couplynge. the naturall heate departeth. and throughe the enaporation that thā is made drynes is caused and engendred. Lo sobernes and chastyte two whie ordinares of lyfe. be the principall obseruacion in this thynge. the highest precepte. the chief poynt of helth. whiche diligently kepten no icoperdie can ryse. for be it they take the medycyne or vterly stoppe and let it. yet they put not away in icoperdie of his lyfe. whā they be neglected.

That salte muste be eschewed
in this cure. Cap. vi.

Amonges all the thynges that must
be auoyded somme men do mer
uaile why salte is forbydden to be

De morbo

vsed for the space of this diete. consideringe
there is other tymes nothyng more holsome
for mannes bodie: and they saye. that they.
can not perceyue howe any hurte shulde com
thetof in this dyscase. The which commeth
all to gether of the corrupcion and putrifac
tion of the bloudde seruinge onelye salte moost
of all thynges preseruethe and defendethe fro
bothe these. And more ouer the nature of salte
is to make faste and drye vpp. to bynde &
dense: which propertie were thoughte most
meteeste and necessary to be ministred. to pluc
ke vpp this disease by the rootes. ffirste by
cause the bodie infected with the pockes. is
loosed and shaken: secondely because the hu
mours procede and flowe out from one mat
ter. Thurdely which is the chiefe poynte of
all. by cause the corrupte and infected bloud
is yett within the bodie vnpoitged. ffor
this sykenesse is now other thyng than a cer
tayne order and state of the bodie chaunged
through the trouble of the bloudde: Euen
as it happeneth in a Citie. when a sedici
on and parte takynge entreteth into a com
mon welthe. and the common people be mo
ued in their myndes: than are all thynges

Gallico.

scattered abroode without order and mo-
ued oute of there places. nothyng hangeth
together. nothyng standeth. nothyng a-
bydeth. no quietnesse. no peace. but all
full of trouble vnto the which chaunge of
the bodye. motion of membres. and shakynge
of ioyntes with all such troubles there
musste come some sadd and wyse father.
a man of high auctoritie in the common
welthe: for his godlynesse and good deser-
uynge towards all men. who as Virgille
saith maye gouerne and rule with wordes
theyr hartes. and quiete their stomackes. So
in lyke maner is it in salte. which as I saide
through fastynge. dryenge. byndynge and
purgynge. dothe putte to quietnes thynges
that are moued. dothe vnte and knytt thyn-
ges that are broken. dothe bynde togyther thi-
nges that are plocked aparte. dothe make caul-
me and quiete thynges. that are troubled:
and bringeth quietnesse and sauettarde
vnto all thynges: yea howe greatte a thyng
and howe necessarpe thoughte Whynne salte
to be. sayenge without salte a mans lyfe
can not indure: And therfore say they. howe
can that hurte in this sickenes. which in

De morbo

other diseases conserueth all thynge; And
for as moche as this cure we muste take hede
that noo corrupte humoures be aboundant
and salte resoluethe and densith all spyllye
morfines. and also kepeth downe and res-
tayne the flowynge of the body: it is tho-
ught we shulde be more pleiteous of salte
herem. than elles where. Not withstann-
dunge these reasons. we muste haue an o-
ther consideracon herem. And fyrst of all.
as moche as appertayned vnto his disease.
howe the sick muste forbear salte meates.
not all maner. but onely suche as are very
sharpe. Lette it be asked of the physicions.
whiche haue longe before tyme prosecuted
that matter to the vttermoste for this tyme.
seyunge the medycyne of Guaiacum is spe-
ciallye intreated of. we may say. that though
all physicions knowe the vse of salte. excep-
te it be verie lyttell. to be noyes and hurtfull
in all other passions of the synowes. and
in suche diseases as springe of corrupte
bloude. and of yelow and blacke colour.
or salte fleume. for so moche as with his
tartenes. it sharpeneth coler. and bourn-
neth the bloude. and with his natue dry

Gallico.

ues causeth the humours and nutriment
of the body to drye vp. and by that meanes
distroyeth all thynges. that shulde helpe vn
to helthe. yet neuer the lesse aboute the ad
mystration. of Guaiacum they forbode
vterlye all maner vse of salte: for the same
consideracion they forbode all sharpe thyn
ges. and moreouer all thynges penetrati
ue: and amonge these spices. and wyne.
for so moche as all suche through theyr
sharpnes and persynge power. do open all
pores and entrees. and goe depe: which
violence rumynge throughe the bodie.
Guaiacum can haue no place to worke.
If these reasons doo not satisfye those men
nes myndes. I will saye vnto them. as the
philosophers saye of the stone as agnes. if
it be anoynted with garlyck it draweth.
not yron to it. soo lykewyse. Guaiacum
hath a certayne secrete vertue. and cannot
tell whether it be as yett known. to abhorre
speciallie the vse of salte. and which power
is losse if salte ones come vnto it. And
thus haue we spoken of the forbearinge of
salte in this cure. Nowe will we speake
of the slender fedynge and hunger. wher

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with the bodye must be weakened and made leane. wherupon all the matter of this dyete hangeth.

Of slender fedynge. and hun-
ger necessarye in this
cure. Capi. xxij.

Il thoghe we spake before of the
smalle and thynne fedynge. that
the sycke muste vse. and howe his
meate must be diminished. and he brought
te to hunger. yete we thynke it very necessary
to make you ones aware of the same thin-
ge. in this place. not onely by cause this
medycyne requireth a voyde and an emptye
bodye. frome all maner fulnesse. but also
I wolde declare that in olde tyme there was
a lyke maner to cure the sicke. And we maye
also rede in Diodoro. that the Egyptians.
did heale their sicke. ether with fastynge or
elles with vomyt. For they affyrme. as he
recepteth. that sicknesses are engendred speci-
allye of the superfluite of meate. And therfo-
re they thoughte that waye of curynge to ma-
ke mooste vnto helthe. that taketh away the.

Gallico.

fyyste causes of the dyssease. Let not therefore
these dronkardes. these interpretate felowes.
gyuen to surfetyng. be greuyd with this
dysete. whiche as Persius saith delicteth one
wth m^{uch} delicious fedynge. and maye lyue scante
wth halfe a daye without meate: whose bealpe
as the prophete saith is there god. and all
theyr mynde and lyfe is nothyng but fe
dynge. late suche felowes. as I saide. ceasse
their grudgynge agaynste this dysete. sange
that therby so exellent and soo good a thyn
ge is obteyned. and so great an euylle is a
uoyded with so lyttelle labour. And lett them
not than in this thynge speake of the great
reuerdie. whiche maye comme of weakenes
throughe longe abstynence: as who saith.
that he maye saynt. that eateth after this
maner. ffor Plinye saythe that non dyeth
for lacke of meate before the vii. day. and
maye confyme vntyll the xi. day. And albe
it he wyrteth. that in his tyme there was
a woman in Germanye. whiche lyued
sometyme fulle twentye dayes withoute
meate. and sommetyme xxx. And that
he saue a maime. whiche confumed vii.
weekes without meate. Drynkynge euery

De morbo.

seconde daye onely water. Pliny also saith. that he knoweth for a suertie. that the Scythians. haueynge certayne herbes in their monthes. abyde hunger and thirst sometyme xij dayes. And somme also saye that the christen phylosopher. Anonius. neuer eat but onely tosted breade. whiche thyng if any man greatly meruaile at. Lette hym remember. that this is also wryten in the stories. that certayn of the magis hyed ones by meale and herbes onely. And that Orodore writeth. that the olde Egyptians meate. was herbes and rootes. And Hesiodus monyfyeth. saynge. We shulde lyue and eate Malus and asphodelo. And plato wrytyng of the laues maketh mencyon. that Epimendes was conteuted some tyme soo to lyue. If any man wyl sett these thynges before his eyes. and consider theyn. than shall he perceyue. that we lyue verye deuyteously in this dyete. and do take in maner more than nedeth. But if it were a very harde thyng to abstepne so from meate. what is he that loueth hym selfe so lytell. but he wolde to get his helthe suffer this grieve: or that had not leauer suf.

Gallico.

fer. xviij. dayes hunger. than to be sycke as longe as he lyueth: or had not leauer passe ouer so many dayes with stronger hunger. that he maye lyue the resydue of his lyfe holle & sounde of bodye. than to auoyde this litell grefe. and to be tourmented all the dayes of his lyfe with mtollerable sorowes. & to haue runnyng frōme hym stynkynge and fylthy matter: I haue tolde you. that this is no newe maner of curynge: for allwayes the beste physicians haue commanded abstynence to the sycke. Of the whiche nombre is. Aselepiades. who. as Gelsus saith. wyrteth. that the moost souerayne remedie agaynste the feuer is. as he hathe proued it. to diminish the strength of the payent with moche watche and abstynence. in so moche that at the fyrste begynnynge of the syknes. they shulde not so moche as wasshe their mouth.

Abstynence. saith Ensebius bothe kepeth the bodye helthe. and the shamefastnes of mynde. wherby it appereth. that lyttell. and temperate sedynge is profitable to the flesshe and the soule. as wytnesseth Timotheus whiche beyng on a season w

De morbo.

Plato at supper hauynge before hym suche meate. as he was wonte to haue. tourned towarde his frendes and saide. 'They that Plato receyueth to supper. shal be well at ease longe after. meanyng that after moche eatynge of dyuers and aboundant costly dishes. deynceously dressed. there folowed euill and rawe digestion. and greatte grese of the stomake. wherfore afterwarde whan it chanced hym to mete with Plato. he saide vnto hym: ye Plato do ete this day rather for to morowe than for the tyme present.

And in lucian Gallus the cocke Pythagore iudgeth it a great benefite of god gyuen to Nicollus. bycause he coude alway with hunger auoyde all feuers. And for that cause was withoute suche dyscase.

Now what shall we saye to that. which as sayncte Hierome wyrteth. that certayne diseased with the roynf ache and the gout. after their goodnes were gone. and were from them. and were broughte to pore fare and symple meate they dydde recouer their helthe: for they saithe saynt Hierome to be no thoughte nor care for their household.

Gallico.

and the: habundance of meate and drynke.
whiche do breke bothe the bodie and the soule.
And anone after he saith: There is nothyng
that dulleth a mannes mynde so moche as
full bealy: ryfynge and tournynge hithe
and thither. blowynge out wynde with hal
fynge fystynge and fartynge.

This story maye be a lernynge vnto ma
ny men. whiche is redde of a certayne gre
atte belved and fatte abbot. As he was cari
ed vnto certayne bathes. hit fortunied hym
to mete with a gentilman. who asked hym
whither he was goynge: the abbotte made
hym answere and saide. that he muste goo
vnto the bathes. Why? quod the gentilma
are ye sycke? Nay. quod the abbot I am
not sycke. but I haue appetite vnto my me
ate. I goo therfore now vnto the bathes to
get agayne myne appetite. whiche I dydde
of late lose: for they are holsome therfore.
Verilye quod the gentylmanne. In this
thyng I canne be a better suspicion vnto
you. And toke the abbot with hym. and put
hym into a deepe and darke doungeon. whe
re he fedde hym certayne dayes hungrye:
and than at laste he asked hym. whither he

De morbo

had an appetite to his meate: ye marre. quod
the abbotte. I sayth quod the gentelman. than
it is reason that thou gyue me a rewarde for
my nedpaine. and made hym paye two hu
dred crownes. and sent hym awaye in
good helthe. with suche an appetite. that
he coulde haue eaten bothe beanes and le
fes. where as before he refused all maner
of meate. were it neuer so deyntie: and so
was he well ordered. seynge he soughte not
meate. with hunger. but hunger with
meate. But perauenture we haue spoke
more than ynough. of this thyng. ther
fore let vs go vnto other maters: But
firste I muste tell you. to make an ende of
this Chapter. that. Quaiatum requi
reth not a bealre that is replemished with
varietie of meates. or troubled wth wnde
in the mynde partes. but purified and
clensed frome all rawnes and grossenes
of humours.

*Howe hunger maye easely
be suffred. Capi.
.viii.*

AND this scarcenes of meate cann
 not onely be borne. but also may
 easily be borne. and that throughe
 the vertue of Guaiacum: whiche after
 that the bodye is oones broughte downe.
 dothe bothe preserue the lyfe. and also cau
 seth that the sike shall not nede to eate any
 thyng at all: Therfore dyd I not without
 a cause geue warnynge. that the sike
 shulde abstepne from meate as moche
 as may be. And if he waxe feble or faynt
 he may not be holpen with meate. but w
 the swete sauours. which I speake of. as mo
 che as is possible. putte to his mouthe.
 and specially with hotte breadde. But if
 any fele hym selfe to be wasted and readi
 to shide away throughe weakenesse. whi
 che thyng he howe it shoulde chaunce in any
 manne. I canne not telle: for in me there
 happened no suche thyng at all. that I ne
 ded any maner helpe: Than I wolde coun
 saylle hym to vse these thynges. Whiche.
 Plinie thynketh easeth hunger. and quē
 cheth thyrste. whanne they be verve lyttell
 tasted of. that is butter and lykeresse. redif
 se lyforesse. Or elle in this thyng we.

muste folowe. Galenus. whiche saith thus: this
 one thyng muste alwayes be obserued. that
 the physicion be often tymes caused to sitte
 by the patiente. to consider what strengthe
 he is of. and to cause hym as longe as he
 hath any strength to wraastle and fyght
 with hunger. And if he begynne to doubte
 of his weakenesse. to helpe hym with meat.
 Excepte any had leauer folowe that. with
 Gellius saith. that Crastrat dydde wry
 te. that the Scythians. whan ther for
 summe cause must nedes suffer hunger.
 do thruste togyther their bealy. and bynde
 it rounde aboute very straitly with biode
 smadlynge handes. thynkyng that by su
 che pressynge to gyther of their bealy hun
 ger maye be putte awaye or the easelper
 borne. For semge as he saith hunger com
 meth of emptynes. and is caused of the
 voydnes and holownesse of the intrayles.
 and of the bealy. than whanne the bealy
 is tyrded in harde. soo that the emptinesse
 is fylled. and the holownes ioyned. there
 canne be noo hunger where as these thyng
 ges be not. and vterly forbearynge of mea
 te. maye lightly be borne. But why save

Gallico.

I. vttterlye forbearynge of meate. whiche
canne not be in this cure: I maye well
calle it hunger. what soo euer it be. that
any abideth. for it maye be suffered well
and easely. though a manne take no
thyng in the worlde to helpe it. But vn
to these deuyteouse sicke personnes. what
thyng can be light: whiche canne not
onely suffer noo hunger. but alsoo not
to haue a stomacke vnto meate. they
thynke it intollerable. for the whiche
yf at any tyme they be sicke. we mough
te praye god. that they neuer recouer.
consyderynge they esteeme it a greatte
grefe to bre helthe wyth a lyttell suf
ferynge.

Of these maner persons yf I speake som
what largely. I doo it after myn accusto
med maner. speciallye whan I perceyue
manye of my countreye menne the Al
maynes. to erre in thys behalfe.

The prayse of tempe
rance in spyte
of ryotte.
Capitulum.

But I beseech almyghty god that
 this nacion maye oones knowe
 it selfe. whiche thyng I doo not
 desire so moche. by cause it is vncomely y^e
 the people that rulethe all the worlde. shulde
 so lyue. as so: that. that such intemperan
 cye and ryotte is an occasion to vs of great
 euylles. and also to be greatly dyspyed.
 If other people shoulde eate and drynke as
 moche as they coulde. they thynke they shulde
 passe the lawe of Nature: but whan we
 croune in so moche. that we canne nat
 leare it. we loke after laude and prayse.
 What meaneth these stryues and contenci
 ons of our valyant drynkers: whanne
 he that drynketh is receyued with trium
 phe. whan it is glorie to ouercome in dryn
 kyng. and noo shame to be dronke. and
 caste it vp agayne. O countrey. O empyre.
 As for the Polonians. o: if there be any
 other that passeth vs in dronkenness. I re
 garde them not. but this nacion I saue
 ought to remember them selfe and haue re
 garde to theyr dignitie: excepte it seme.
 that other nations are tomen vnder this
 empyre. not for the reuerence and opinon.

whiche.

Gallico.

Wherof they hadde of our noble forefathers,
but to despise and mocke vs. Verilie it muste
needes be, that they were farre other men, that had
suche honour gyven vnto them, than we be,
that are thus despised. So there so moche as a
childe in Italy, that knoweth vs by any other
name, than by the name of Drounterdes:

Synce thanne that other straunge nations
do speake sooner of our vice than of our hu-
manitie or vertue: shall we not change our
lurynge: Shall we not fere to lose this ho-
nour to our greate rebute and shame: Or
shall we not thynke, that hit is more shame
to vs to loose the title and profytte of the empire,
that hit is becom a gloire to receiue, whanne
it was offered vnto vs: Or that sober men
and reasonable wyll be contente to be vnder
the rule and dominion of a dronke and bar-
barous, y^e nation, becom withoute all good
humanitie. But yf it canne nat happen in
to the braynes of our menne to understande
therr owne shame, yet at the lest lett the knowe
therr owne destruction. And if we fate so
lyttell by the losse of our gloire and the rebu-
ke and shame of our whiptuous mynde,
that we wyll not leaue for that, our yn-
thyrstye lurynge: Let vs at the lest wyse
haue soo moche wytte, as to care for our be-

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dily helike. whiche muste nedes be troubled and
brought to noight in such feastynges. and
drynkynge: about the whiche as the satyric
poete saith. leape the and steyppyn in greaue
compaynes of all kyndes of diseases. But.
Germanre hath loste his wyte and un-
derstandynge. and hath forgotten it selfe.
not all Germanre. but many in Germanre.
These be they that drinke theyr drinke into.
souper. and theyr supper into fateright.
These be they. whiche through their misorder.
haue caused a straunge dwete. but yet nott
an ylle poete. for he semeth to hate yll men. to
wyte to the greaue schlander of this countrey
savage: Bacchus sitteth at the deske. and
Appollo is caste out of all compaign. for all
the lyfe there is nothyng else but drynkynge.
that is they sett more by drynkynge. than by
wisdom. Howe be it these dronkerdes. that
are through the madnesse and lightenesse.
mought liuely be despised: but these that.
with there deuyteous face. and nyce and
vanton apparell caste theym selfe heedlong
into the mydmarne see of voluptuousnes
and pleasures. These I saye. be worthy to be
hated of all the worlde. These be they that
lie upon their pillowes of downe heaped
to gyther. that consume what few euer

maye be gotten by lande or see. not to sustayne
 their lyfe. but to delyte their synle mortales.
 that muste weare the fynest linnen. that
 muste be robed in purple. that reioyse to be
 wrapped in softe myse skynnes. not so moche
 to kepe them frome cold. as for deliciau and
 wantonnesse. These be they. that maye not tom
 the common clothe. whose skynne can nott
 suffer but the fynest and softeste thynge that
 maye be gotten: that take their counsell in quaf
 frage. and in their counsels quasse. that med
 le with noo sadde matters. but leade all their
 lyfe in feastyng.

These thynges ar not vso. I say agerue
 through all Germanye. but specially. in
 six thynges is to our great shame and rebulle.
 amonge the chiefe and the nobles of Germa
 ny: whiche pamperde vpe dysple with all
 maner delycious fare. everysynge drinke and
 suppers meate for popes. in thern they ban
 tate. in thern they bynge one to an other.
 and thern haue suche pleasure. that they
 had leuer dye. than to be plucked frome it.
 They haue none other care but to fylle the
 bealy: by whome. salust. if he had suspected
 suche beastes euer to come in Germany. might
 well haue spolen this his sayenge. Manye
 men gyuen to fedrnye and slepyng. haue

passed euen as strangers they holle lyfe. wth
 oute knowlege and lernynge. But lett a
 man caste with hym selfe what opynions the
 Romaynes had in these daies of the people
 of Germanye: and thanne sett before hys ey
 es. what a monster. and howe hatefull this
 cheryshynge of oure throtles. that we nowe
 vse. hadde ben than: In the whiche whanne
 we haue spent a great parte of our lyfe and
 haue receyued thens those thynges. that muste
 muste nedes folowe that kynde of lyfe. that is
 innumerable kyndes of dysaies: than do
 not we confesse nor knowlege our fault. but
 do accuse god of auelme. And thoughte hit be
 we our selfe. that gette and bye with great cost
 and expens the sedes of all oure sickness.
 and nouryshe with all our harte oure ow
 ne myschaunce and destruction. cheryshynge
 oure euyls with the losse of our holle patre
 moure. yet whan we be ones downe. and set
 vpp with quoshens and pylloxes heaped
 rounde aboute vs. not able to moue hande
 nor foote. thanne we blame nature. and say
 we maye thanke god of all our euyls and
 pynnes.

for no glottons do otherwys thanne they
 dyde. whiche I muchall speake of whiche
 beleue. that god in his fume and wrath.

doth caste these diseases vpon their bodies:
 and therefore calle them the grome stones and
 weapons of god. But wolde to god we wolde
 retourne to our oten porage. and be couered as
 we were in tymes past. with wollen garmen-
 tes. so made that euery limme and parte of
 vs mought be sene and to waxe weary of
 this fylle. and hate these garmettes so full
 of playtes. for what other thynges are all
 these. but fyfte the wastynge of oure pater-
 more. and than the purchasyng and in-
 crease of all euylles and diseases: wylly our
 ancestours. beynge verre nygards in this
 thynges. dydde greutte actes and excellent
 thynges with high glorie. But whanne
 dydde we. that to fulfille our pleasant affec-
 tion receyue venom in stede of meate. and
 thynges worthyne the honour and glorie of er-
 manne: It was farte better for vs to be called
 and counted barbarous. whan oure lurnyng
 was homely and rude. thanne now to
 haue in thys rottenne lyfe. and thys
 shame. the laude and prayse of wyttis and
 good lernynge.

what wolde great Charles say now. yf
 he came agayne to vs. and sawe our pry-
 ce in their vtter garmettes of fylle: sayng
 that he hym self wold shere of haberdain:

De morbo.

Or what wolde one of the Qithons say. wiche
stretche oute and enlarged their vertue and
valianties in duste and durte: whanne our
men annornite thern selfe with straunge and
costly bawmes.

There is a notable exortacion of Chrysippus
agaynste them that vse ornementes volun-
tuouslye to the pleasure of other. The deuill
take these delinate felowes, saith he. that haue
sclaundered so good a thyng. the people that
were wnto and giuen to pleasure used it
in tymes paste. But it was neuer thought.
that the germanes shoulde euer come to
this pornte. to smelle of ornementes and
bawmes. And now we call for pommian-
des. musteballes. damastepouders. and all
maner sauers. as thynges necessary to oure
lyfe. and thynke it greate honoure to vs to
smelle of suche straunge sauours. Nother is
it women only that are in this fault. but men.
specially pyngas and pnestes.

Solon forbade ornmentes to be solde in
a cyte. of Grece: And the Lacedemonies.
expelled them frome their Citie. sayenge.
That they corrupted and maried their
Oyle.

And Ircurgus toke awaye frome the same
Lacedemonies banketyng. feastyng. and

costelye drners. And Socrates. as Xenophon saythe dydde greuouslye rebuke such vyoltions abundance.

Trewely the olde Germainys mynided no such voluptuous pleasures. and they thoughte it a very straunge thyng. to lyue any thyng wantonlye or nyce. I haue harde some olde men saye. that whanne they were yonge men. it was a suspecte thyng to weare a gowne. whan we now adayes do honour and worshippe purpull. And therfore we may wellesay. O corrupted and wretched worlde.

They were couered with the skynnes of wyld beasts. and laye in theyr felde vnder the skye. and were made stronger with continually labour. where we that be wantonly and nyce clothed. and take oure pleasure vnder oure gaye gylted houses. be through all kyndes of vyoute and voluptuous passetymes vitallye wexed. and of all manly strengthe depryued. And maye any man thynke. that this maner of lyuynge canne lightly haue an ende. I praye the chief and pryncypall example therof cometh fro them specially. that be called priestes: what they be in dede god knoweth. and they onely. to whome it hath pleased god. to geue tithes and es to se with. These do not vse all maner pomps and excesses in thynges appertaynyng

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unto the service of god. but euery one of them must
sweyne at home in his howse in all maner of
costlye and deuoteous dyslikes and cuppes. and
they calle eatinge and drynkyng. Iuyng. or
if they doo not so call it. yett very by they soo
esteeme yt. And therfore seynge they doo soo.
other menne thynke they maye doo the same.

And thus the laudable and naturalle custo
me and faschon of exchaunge is banysshed.

For we be soo farre gone. that we excede all
other nacione. be they neuer soo euill. in suche
aboundaunce and voluptuous pleasure. It
hadde more becommen vs. to haue dryuen these
thynges oute frome the myddes of vs. and
as Diogenes dydd to the Carrys and syne
mandrites. soo to haue saide to this stranne
rottoous maner. O queste goo and gette the
hense quickly. ye thy examples of strange
nacione ought ones to haue taughte vs.

And seynge to banquet and surfette mooste lar
gely. is now a day counted mooste kynghely.
why doo we not here the answer of Menede
mus the philosopher. whiche he made to. Anti
gonus. asyngre hym. whither he shulde go to
a deuoteous and costlyr feaste or not; I haue
in mynde. saide he that thou arte a knyghtes
sonne. Antisthenes. to a certayne parsonne prai
syngre delycious fare. saide. I wolde our enemyes.

Gallico.

fares delicately. The wordes also of saint Paul
ought to be wyrtten in our harte. vengeance:
Meates are gyven to the bealye and the bealye
to meates, but god shall make an ende of both.
The same Paule whanne he condenynged the
workes of the fleshe, amongetes whiche he nom
bred excessse of drynkyng and eatyng. he ad
deth to these wordes. Of the whiche thynges. I
nowe warne you. lyke as I haue before tymes
warned you. that they. whiche committe such
thynges. shall not be the Inheritors of the kyng
dome of god. But they nowe do the same thyng
es. whiche ought to be our aydes into the
kingedome of god. pristes. Chanons. By
shoppes. and prelates. in so muche that it is.
nowe come into a proverbe throughtout all.
Germanye. Let hym be made a man of the
Church. that loneth to lyue pleasantly
as though he were meteste for
them.

The frugalitie of my grandfather. Laurence
Dutton. whiche is worthy to be wyrtten.
oughte to move vs unto more glorie. who
all though he were ryche. and more occupi
ed in greatte matters of our prynces both
in warre and peace. yet wolde he never admit
te into his howse pepper. saffron. gyngere.
nor such other straunge spice. nor vsed gar

mentes but onely of our owne wolle all though
there were sometyme precious vestures gyven
vnto hym for the well dornage of his busynesse.
And he dydde not only this hym selfe. but al
so amonget his equalles he rebuked greatly
the fasaons and manners of men. sayenge
we see euer straunge thynges. as though we
hadde not growynge with vs. wherwith our
meate maye be made delycate. If we wylle
please and delyte our taste. or as though the
great prync of our garmentes dyd increase the
qualities of the mynde. But I wylle ceasse to
speake more of this manne. lest I shulde seme
to couete myne owne glory. If I had first tolde
you this one thyng me thyngeth it is not so
goodly a thyng to be borne of this my stocke
and famylie. in the which be some causes be
sydes this. wherof I maye gloire. as to be bo-
rne his ne new. that thus hath lyued. Our
predecessours. and such as I my selfe haue seen
olde men. whanne I was but a chylde. whanne
they dydde kepe in theyr meate. drynte. and do
thynges such temperaunce. they were of good
lyfynge of body. and through great labour
were hardened agynste hunger and thyrste.
heate and colde. where as we at the firste frost.
shouer and shrynke to gette bothe hande and
fote : and as soone as wynter begynneth.

Gallico.

we be treble furred. and be shut up in oure
hot howses. out of the whiche we goe not.
vntill mydsommer. whanne the some and
heate bourneth and parcheth all thynges.

And as I say. where as nowre scantly the ten
the parsons of the noble men can be founde
in Germania. but he hath either the goutte
in his fete. or in his handes. or is greued
with the droppe. sciatica. or leproye. or is tor
mented with this frenche euill. whiche burn
eth the greatest euils with hym.

But at the laste lette vs retourne and enter
into that lyfe. whiche is meetest for this na
tion and empire of Germany. and whiche
euen they. whom. I tolde you. lyued wan
tonly. can be well contented to here pray sed.
for I thinke there is not one of these. that ar
re men due to such delicate and rotten
lyfe. but he hath the same in other. excepte he
be soo blinded throughe intemperance.
that he loueth these vntyrful maners. Sar
danapales. and Helio gabalos. or dothe ha
te the persimonia of many. whiche be of the co
trary facyon. Truly vertue semeth verie am
ple euen to theym. that dothe lyttell folowe or
regarde it.

It was an olde meate of Latos. porage ma
de with cheese and egges. And Pliny re

herfeyn. that greivelle made with otenmele and
ottes. was ones the meate of the yerie and
trew Germanyes. as it is yett of manye
unto this daye. But we feede vppon straun-
ge and beyonde see vntualles. thynkyng that
we haue soo moche nede of them. that euerye
howfawlder hath dauced to selle these thynges
that growe with vs. to bre the ouer with :
whiche one thyng hath entyred the stu-
dies. whiche in the meane season. that we
thus nouryshe our bodyes. haue all the mo-
ney. and lyke wyse all the excellent goodly pla-
ces malmanie. For they beynge the minystrars
of our voluptuouse luynges. are soo increa-
sed. that there is noo pryncce in almanie able
to compare with them in ryches. So farre be
we gonne. and soo lyttell perceyue we. what
thyng. Germanye deuoureth and consumeth.
wherfore I thynke that he was of excellent wyse-
dom. yf any such was that feared in tymes
passe. lest such voluptuous and delicate lyfe
shoulde entur into Germanye : wherof as eu-
er manne maye playnly see spryngeth soo
moche pestilence. and soo many diseases : and
agayne perceyued. that they shoulde haue quiet
lyfe. that coulde be contented to lakte suche plea-
sures and deliaousnesse. For they that dresse
oure herbes. and lyue with them. as there be so

me trewe. Germanynes yet remaininge. they
are of good helth and bodyly lkyng. But they
that be spyte synnered. and belake synnisme.
and smell all of cloues. and haue all theyr plea-
sure in goodlye auaire. these be they. that are subiec-
tes to all kyndes of dyscasses and euyls. Wher-
fore properly therefore dyd the Satyrke poete calle y^e
growte Wyke: for it meddeth nott with them that
are w:e. and drynke noo wyne. but it is a com-
paign for rycke menne. dronkerdes. surfetours.
and delyaute lyuers. whiche as the same poete
sayth. to gette swete moysesles. leaue no place
vnserched.

And soe. though the thys countrey brynge forth
that. that is necessarie for the lyfe. yet as though
nature had vther for sale. them. they runne on
to straunge thynges. fetyrnge their garnen-
tes theyr meates and medyanes frome beca-
les pyllers. frome the ylande of. Capiobana.
frome the ryuer of Euanus. and frome places
farther of than these. euen almoste frome the
hedd of Syllus.

The wrath of god lyghte on these deade mens
heddes. that fyrste receyued these euyls into Ger-
manye. for they haue done a thyng vnwoorthy
for the chaunce of the Germanye. Trewe be they.
oure forefathers. were none such. the whiche p-
sured the labours and paynes of manyles a

De morbo

hous the fleshely lustes. above the delicate man-
res. and sette beddys of. Sardanapalus. But
Glorie of hisste house delicate. house holsum
feedynge is breade made of rye or wheate. and
gruelle made of millio. orza. ptisana. and
otemeale waage. And many so many kin-
des of herbes. and so many diuers garden spy-
ces as carse. conander cynamome. fenell. an-
sterde. neppe. ormons. leekes. garlicke. and
specially if we wyll beleue plynie. pershe
hath a singular good grace to season meates
with. And for drynte. we haue ale and bier.
And for the ryche men there is wyne. which
is the pure and cleane drynte of the erthe. as
Appollonius midsith: soo that it be vsed sanctly.
whether it growe in fraince. or vppon the ban-
kes of Rhenus. we haue also of our owne ha-
lus fleshe both tame and wyld. which are
not of vnpleasante taste. we haue frutes of
trees not to be despised. house ryche is Camar-
ne. house plentifulle of all meates. house a
bundantlye dothe it mynister all thynges ne-
cessarye for the lyfe of man: wherfore my chief
desire and wone. that they neuer lacke the grow-
te. nor the ffrendle pokes. that cannot lyue.
without pepper: And I praye god. they maye
once be broughte to extreme hunger. which
nowe serue in all places. not for meate to lyue

Gallico.

with. but for delycates and dainties wherewith
they make sterre vp thair synne mouthe and pro
uoke thair appetites. Now muste dyde Gale
nus enur helthe to such filonox. wherewith he
forbode all phisitions frome the curinge of
dronkerdes. and of them that are gyven to the
beale. If such at any tyme waxe sicke. for they
by and bye fall in through intemperate ly
vinge they are uppe a tyme grosse and vnderfied
humours. so that they be clenfed and purged
in vayne.

The necessitie of nature is lightly conten
ted. sayn Hierom. Golde maye be expelled
with course clothyng. and hunger with lit
tell meate.

Whanne Anaverfes. the kynge of Persie was
brought to that necessitie. that he ate drie fig
ges and barley breade. than he beholdynge his
fortune. and such a greatte chaunge. sayd:
O what pleasure is this. that. my remall a
boundance kepte me frome: By the which ex
ample we maye knowe. that they onely lyue
in knowlege of thair owne lyfe. that lyue spar
sely and soberly: And on the other syde. they
that be gyven to the nourishynge of thair be
des. and the pourynge in of all thynges.
be as men carynge in darknesse and percer
ne not thair owne lyfe. soo farre are they from

De morbo.

the lyfe of pleasure. Whome be it within shorte
space. whanne they be ones fallen into dysca
se. thanne they beynne to feale and pynne.
what lyfe they haue chosen and what is the
rewarde of the same. For as pynne surthe
whan the harde and stony gowte. the brui
ches of theyr old surfettynge have biter that
woundes: thanne they mourne. that they haue
passed their dayes soo grossely. and consumed
their lyfe so filthily. and be so fere to lade of their
lyfe to come.

Do we than doubte. what is the cause of all
the sickness. that the Germayns haue: serua
nt we maye yet remember. that thre pestilencie
and myschiese of the bodie dydde enter with y
rank and riotous lyfe. For here we doo nowe
see greue oure selves to hoodes and pleasures.
that we seeme to styue with other straunge peo
ple for the master of fullen byrnyng as men.
do in games for the beste wages. And for
this purpose we haue certayne mynisters.
we re experte. These gette and conuere vnto
us frome the fardest partes of the worlde pro
uocations of gluttonye. These byrnye fro
fame. with meruailous delie. howe to ea
te. to drynke. and also to doke oure selves w.
we term seruante they haue longe and many
dayes continued. to theyr owne as I saide

great

Gallico.

great advantage they have made some so de-
licious. that yf anye they be here in Italye.
they muste drynke wyne of Corse. they
muste have meate orite from Italye and co-
tary wyse. whan they be at Rome they use
wyne of Ene. or that which. Placcarius
bryngeth forth. a peruerfed custome of ly-
uynge. a mysamisse worthy to be hated
of all maner of men. so muche the more that they
be bysshoppes. whiche do these thynges. and
are theyr leaders therunto. Suche maner
of persons I beleue do desyre of god. as Aris-
tote writeth of Philoponus. to haue the ne-
ces of crance.

Aristophanes reproveth the tables of the
Syracusanes. and the voluptuous aboun-
dance of the Sybarites. If at that tyme he
blamede suche thynges. what wolde he saye
if he nowe lyued. and sawe our banquetting
and feastyng. our quaffynge. and drem-
lynge. Therefore as maner as couyte vertue
and knowlege lett them late lode. and har-
ken to Pythagoras. which sayeth. that a
man. that lyfeth not above man. can not
taste or attayne any hygh thyng. that is
to saye as longe as man lyueth muche
ly and dissolutely. he shall neuer do any
greate thyng with wyte or mynde. The

De morbo

mooste holpommest fodyng for man sayth.
Whiche is done maner meate. the booyng
of drye se tastes is pexuferous. and savours
are worse than that.

Desius well receyved these thynges. whan
he thus spake in meate moode. Thou woldest
have byll iornes. and a hole bodie in age.
ye but the fulle drysses. and the same deruious.
wille not suffer the goddes nor Jupiter to.
avaunt therunto.

And Lucio bryneth in Cato sayng: that
albidious and intemperate youthe ma-
kes age very feeble. And he aduyseth and
counsailyth vs to eate and drynke so moche
as may sustayne the bodys strengthe and
not oppresse it. thynkyng that nothyng can
be so unfrendly unto the mynde of man. whan
he callyth an heuilly rewarde and as yet.
as voluptuousnesse is. For as longe as
luste and pleasure beareth rule. Temperan-
ce canne have no place. Forther vertue may
beare any stroke. where luste and pleasure
reigneth. And therefore he iudgeth that we
ought to gyve greater thanks vnto age.
whiche causeth that we lyse not to doo that
thyng. whiche we ought not. for volup-
tuousnesse. sayth he beyng an enemy vnto
to reason. stoweth and letteth all good con-

Gallico.

sell. and blyndeth the eyes of the mynde. and
medleth nothyng at all with vertue. And
therfore he thynketh. that olde men are hapyer.
whiche when they lade feastes full of sycc.
and the cuppes of the wallyngre they lade also
dronkennes. rawnesse of stomacke. and be
not comforted nor vexed with dreames. whi-
che manner of thynnges. accompanye them.
are gyuen to such wantonnes. for hie
remfau. what diseases come of to moche
eatynge.

There is a piete ieste. of a certayne phisici-
on of this countre whiche hadde a pale man
in cure. that hadde comynge lenger. and y-
not withstandynge was gyuen to banet-
tyng and drunke mightylie. and yet
complayned that his medycynes preuailed
not. And that his soles ranne faster. than
they dyde at the beynnyng: The ieste sayde
the phisicion. they wolde cesse to tynnyng
out. if thou woldest cesse to tynnyng in.

Salutis affirmeth. that the grete thurffes.
whos life and occupacion is feadynge. maye
neuer lyue longe. nor be helthfull. and that
mynde be soo wrapped with ouer moche glou-
de and fatnesse. euen as it were with myce. that
they haue noo maner heuently mediation. but
doo alwayes thynke vpon eatynge. drunke

De Paleis d'indis

De morbo

fartynge. and thyrnyng.

The olde Romanes called feedynge necessarye
that was slender and sparynge.

And amonge the grekes lytell meate was mo
re commended by the wrytynge of many.

The Laces. which were a certayne sorte of
Philosophers amonge the olde Jewes. are
lauded of Josephus. by cause they had toue
ned their daily abstinence into a custome.
and an other nature. The same Joseph prai
seth the continence of the pharyseis. he that
wolde ones haue had vs destroyed. I thynke
hath desired that this custome of lyurynge
myght enter amonge vs. And therfore se
yng Marcus Cato as it is wryten in
Plinye. dyd take great care and feare. lest
the Grekes shulde invade Italy. with their
wanton and voluptuous lyurynge. whi
che of oure forefathers hath provided. that
none of these spices and sylkes shoulde be sol
de in Germania: farewell pepper farewell.
saffron. farewell sylke. Or if ther be any v
se thereof amonge other nacions. I pray god
that this nation neuer knowe it. or se it.
And Christe sende oure countreie men this
mynde that they may call home agayne the fru
galite of their elders and facion them selves to ther
honest sparynge.

Gallico.

With what stoute stomack dothe Anachor-
sis beste the order of his lyuynge? Vnto me
saith he hunger is a swete morselle the grou-
nde is my bedde. a cloke of Satina that is a beas-
tes skynne is my garment.

Sober Demosthenes draue Drunken Aesch-
ines out of the Citie Socrates hatynge the
tauerne haunters. and such as haue all their
delyte and pleasure in their throtes. saide: ma-
ny menne lyue to the intente to eate and dryn-
ke. but I eate and drynke to lyue. O very wise
man. and worthy so to be taken by Appollos
commendacion.

And this sayenge of a greeke poete is to good to
be forgotten: Thou thy selue muste rule the bri-
dell of thy bealve.

What saye you: whatte maner felonie thynke
you Epicurus was: whome all the worlde per-
secuteth. as a felonie of pleasure. whiche put y^e
highest felicitie in pleasure: Cruelly what so-
euer it be. that he made see moche of. he ment
in the onely vse of breade and water. and dyd
muche commende slender lyuynge. and such
as maye quicly be gotten. And wrytyng vn-
to a certayne frende of his. he saith. Send me
a lytell cheese of Cithridy. that I may. whanne
I wolde fare summat more deyntheouslye.
Anaxgoras saide. He that eateth sauourly.

De morbo.

needeth but lyttell meate. Porphyrius willeth
the mynde to be densed and purged with ab
stynence. And phyllostrate writeth. that. Po
rus. the kynge of Inde. was exceedynge stron
ge and myghty. not with standynge he neuer
fedde but vppon breadde and water. Masimis
sa lyued. lxxxv. yere withoute anye maner
delicate fedynge. And mythrdates kynge
of Ponte whiche kepte warres with the Ro
mynes. xl. yeres. vsed to cate his meate sta
dynge. so farre he was from oure faschon
that he wolde not sitte downe on a softe quo
vsshon.

Titus lyuius writynge of Anniball saith.
He measured hys meate and drynke after the
nede of nature. and not after pleasure. He had
not the tymes of watchynge and slepyng dis
tyncted by the daye and the nyghte. but whan
hys busynesse myghte spare hym. than toke he
hys reste. and yet not such as is caused with a
softe bed and silence.

And amonges the lawdes of Augustus. Cae
sar. this is the chiefe. that he was content with
lyttell meate and drynke. But we hadde leaued
order oure lyfe after the faschon and maners
of gluttons and pleasurist felowes. lyuing
contrarye vnto nature. to the destruction of
bothe bodye and soule. and to y^e preservacon

of them bothe to sette before vs these examplas
of lyfe. soo noble and soo helthfull. And I
praye you the Turkes and other that are not
of this our religion. wyll they euer desire to
becomme christen menne. whan they see vs
thus to lyue: But I truste that oure nacion
wyll ones at laste beware. and make wyse
awayne. byng taughte with our owne
harne.

Now agayne vnto oure purpose. And for
so moche as I haue spoken of abstynence and
slender fare. I wyll shewe whatte I thynke of
hym. that ordereth hym selfe after this dyete.
whether he may be restored. whiche some men do
thynke euen without the drynkynge of. Gu
aiacum.

Whether a man maye be restored
by this dyete onely.
Capit. xx.

Of them that be good oughte to be
none ayll opinion neither suspici
on: but trewlye these comon phisi
cions be soore greued that this medycyne
canne doo soo moche. and that it alone can
do it. euen withoute their medlynge. Ther
fume very soore. that soo many in euerye

Demorbo

place be sodenly holpen. of whome they trusted to haue had a perpetuall stypende and continualle cure. wherefore they sturue verie stryffely. fearinge leste in tyme to comme it shall take away the truste that men haue in theym. They haue spoken of late certayne trispynges and vayne wordes. which if they spake as they thoughte. muste be ascribed to their ignorance: but yf they spake it of enuy. than vnto their myscheuous mynde. They saye that a sicke man may be recovered onely by this directe and order of lyfe. whiche is prescribed in this cure of Guaiacum. though he neuer drynke of this decoction of Guaiacum. nother receyue any other medecine. And I my selfe haue seene theym. that haue promysed. that they wolde sett the shauynge of Juniper. and of oke. or asse. or prync tree. or all these togyther. and they doubted not. but that they wolde with these helpe men of suche diseases as well as with this decoction of Guaiacum. where vnto all though I suspecte theyr malicious intent. yett I praye god sende theym as good fortune as they wolde wysshe. for what coulde be a greater commoditie vnto this nacion. than to haue suche a remedie growne in oure owne woddes. which els. muste be fete frome soo farre: But I greatly

feare. leste they goo in vayne about this their
rasshe promise. bothe bycause. I thynke this to be
a greuouser disease than maye be put aware
with hunger. without any other medecyne my
mistered. speciallye after it hath fastened hys
rootes depelye. as for the moost parte it is wout
to doo. And also if these trees. which I spake of.
coude doo any suche thyng. theyr vertue and
power I thynke shoulde not haue goone soo lon
ge vnknownen. sernge they growe here amon
ge vs. Neuer the lesse. I am contente they ma
ke a prooffe. for what other thyng hath a phi
sicion to do. but dayly to fynde oute somewhat
and to knowe by experyence. and to serche what
wyl helpe euerie griefe and sykenesse: But
this thyng I wolde all shulde be admonysshed
to beleue. wherof I spake before. that the helpe of
frugalitie and scarcenesse. as it ys greate in
other diseases. soo it is. and that speciallye. in
the frenche pockes. but yet not soo great. that
it maye amende the bloude that is infected and
corrupted throughe the venoume of this dysc
ase. withoute suche medicynes. as haue their
power and strengthe to do it. As by example.
If two kepte warre togyther. and the one of the
optayned of me. that I shulde not helpe his
aduersarie: verily I maye impute vnto hym.
that I hurte hym not. but that I haue helpe

De morbo.

hym. I may in no wyse. And lykewyse the ab-
stynynge frome meate and drynke. as it dothe
not take awaye the disease. soo dooth it not no-
uryshe. As one might saye. that he nother wu-
de a person whan he myght. nother losed hym
whan he myght not.

I haue shewed you. that manye haue bene res-
tored to their helthe frome the gowle and ioynt
te ache. whan they brought thym selfe to a
more slender and a sobrer diet. and abstep-
ned frome wyne and women: but I neuer
thoughte soo of the frenche pockes. and the
maledies that folowe therof. for that entreteth
soo depe. that it cannot lyghtly be plucked vp.
and spreadeth soo brode. that it canne not wth
a lyttell thynge be broughte to gether. but it
soo infecteth the hoolle bodye. on whiche it o-
nes catcheth holde. that it canne not be taken
frome any parte aloone. but whanne it is
dryuen oute from the hole. as at one bri-
de or plucke. Beleue me. that haue proued
many thynges herem to my great hurte.
if any man mought haue auoyded this
euylle with sobre and scarce lyuynge. I hadd
auoyded it longe tyme. for by the space of
m. hole yeres. I kepte my boodie as longe and
as leane as coude be. in so moche that in y^e
space I felte noo greife of my dyscase. but yet

I was not deane rydde from it. Neuer the lesse
go to the noble promysers. seeke ye asshe.
make ye redre Junpper and pyne tree. and
take bore to. yf it please you. and horne bea-
me. and plane tre. and ye shall gette right
great thanke of all meene. if throughte yo^r
diligence we may haue here at home. that
we muste elles seeke so farre of. ye and ye shall
doo moche more for vs. than the stichers shul-
de. though they made peper or cynamome to
growe in this countreie. And soo gladly as
I wolde receyue thys thyng at your hande.
if ye wolde euer gyue it forth: soo before ye
gyue it. I wyll not beleue. that there is any su-
che thyng in you. noo I wyll not soo moche
as hope for it. seynge I haue gaped soo often
tymes in vayne lofynge for those golden
hylles.

*Howe a man muste order his helpe
in this cure. Capi. xvi.*

At the tyme of this cure the bealy auoy-
deth very lyttelle and harde. and y^e
with moche a doo. and that is not
only by cause he eateth lytell. but also by cau-
se the nature of this medycyne is to drye &
bryneth. Howe be it I haue herde say. that this

De morbo.

thyngs hapneth nat to euery man a lyke. for
some saye that anon after the begynnynge they
were losse belied. and some were soo continual
lye wherof I dydde meruaile. for in these xl.
dayes it neuer wente frome hys soo moche as
onces. but as it was compelled. for in this diete
it may be kepte to the fyfte. or vi. daye withoute
any reuerdie. And than in the mornynge the sha
uynge of this Guaiacum soden in water must
be dronken to the mountenanne of halfe an
ynce. And if it moue not at the fyft. it must
be gyven agayne the nexte daye. and soo the
thirde daye. and if it helpe not soo. ye muste
than poure in chysters vnderneath or supposi
toyes prepared for the nones. for the bealy must
nedes be losed. And if a man will lose hym selfe
by dryfynge or eatynge Cassia I thynke he do
the not moche amysse. so that this be done but
ones. and that mornynge late hym not drynke
Guaiacum: I wolde not that he shoulde be ea
sed with vomytes: for they make the bodie colde.
and as Plin saith they be curill for the eyes
and specially for the teth. There be manye thyn
ges in this cure. that stoppe the bealye. fyrste
by cause the bodie is emptyed in the begynnynge
with a purgacion. and than by cause there is
a lttel meate receyued. But as this place is
cloofed and shut frome elections. soo is there

Gallico.

some what in the meane season. ether by sweat
lynge. through the strengthe of Quaraum.
that expelleth thynge hurtfull and superflu
ouse. or elles in the vryne. the which is more
morsse than that cometh of the meate. And
one thynge is greatly comfortable. that in
the tyme of this cure there chaunceth noo swel
lynge. nor there are noo purnfull throwes or
aches felt. nor the taste cometh not bytter.
nor there ryseth noo lothynge of meate. nor
vaporous breth not lightly ascendynge fro
the stomacke to the head. as in other diseases.
And the patient is purged. it is easily per
ceyued by makynge of water: nor to the intent
te that shoulde be doone. none other prouo
cation shulde be sought. & Nowe myll I speake
a lyttell of sweatynge.

Nowe in this cure one maye

be moued to sweate

Capi. xxi.

If the patient can not sweate. some
thynke. that the meanes shoulde be
soughte to prouoke hym therto.

And therefore they caste on hym many clothes.
and lett hym lye three or foure houres coue
red holte. And thoughe this amouge all thi

ges that we suffre. be one of the hardest: yet I. felte euery to the very fayntynge. that so channeth noo fallynge. all they that were cured with me. indured it mooste greiuously. and they seyde that this was the hardeste thyng in all this cure. But if I myght lausfully save my mynd heren. allmoost. I dare not shew. that that I. haue lerned. I wolde noo man shoulde be prouoked to sweate. saue that the patiente shall as the thyng requirethe. kepe his bedde thre or foure houres. and passe nott. and lette hym be couered. but not with ouer manye clothes. nor to be ouer styll and sterc not: but in any wyse lette hym not be putte to moche vocation.

And I thynke veryly. that as well in this cure as in other. the physitions of my countrey do many thynges fondely which oughte not to be doone. for as this medecine of hit selfe causeth one to sweate. euen soo hit wyll not abyde compulsion. Wherof this maye be a deme proue. that I perceyued my selfe no sooner to sweate. whanne I was couered w thre or foure fures. than whan I hadd to wype me but one couerlydde. But this I wolde ye shulde vnderstande. that this patient muste nedes sweate. and if it wyll not come naturally. than it muste be prouoked meaneley.

Gallico.

So: I allowe nothyng that is forced. And I marne you that ye eschewe those that are wonte to toste the bodies at the fyre. or that wolde haue the scowes ouer hotte. for suche heates distrope the bodyes. and drepe vp the humours that. nourisse the strengthes.

And where I saide sweate muste be prouoked meanelv. or easily. it must be thus taken: that yf one be wiped with the clothes of one bed. soo that the loode of the clothes greue hym not or ake hym: I suppose through the operation of Guaiacum. he shall sweate moughe.

*Now this medycyne shall helpe
and whether it healeth
men sodaynly. or
at leysure.
Ca. xxiij.*

Belt nowe I suppose. it is high tyme to declare. howe the effecte of this medycyne may be perceued and understaude and whanne the pacientes begynne to mende. and whether this curynge be sodeyne and swyfte. or late or slowe. wherein as I vse in all othe. I wyll open to you those thynges that I my selfe haue bothe sene and knowen: but this I marne you of before. that if it haue

chaunced otherwysse to any man. than I wryte. that he lay not the blame in me.
 I haue lerned. that Guaiacum helpe the by
 lyttell and lyttell. and nott sodaynly. and go
 the forwarde fayre and easily. and not vio
 lently. for it is soo farre froine the trowth. to
 thynke that it helpe the one sodaynely. that.
 som tymes. from the fyrste daye to the v. the
 dyscasse commeth soo sharpe. and the payne and
 ache so augmenteth. and the soores soo enlarge.
 that a man wolde thynke hym selfe in worse case
 durynge these dayes. than euery he was before. ei
 ther because than the dyscasse is rooted vp and
 drawen from the inner partes. and the rootynge
 vp is peynfull. or elles that the alteration. whi
 che than is caused in the disposicion of the bodye.
 breakynge oute with a greyt violence and
 shakynge. putteth a man to greuous payne.
 for vndoutedly this medycine draweth out
 this myscheuouse dyscasse by the rootys. and
 that dothe it vnto some forthewith after they
 begynne to take it. and to somme other it tar
 ieth a longer tyme: but it doth so to no man
 before the vii. daye. and to many. as it dyd to
 me. after the vii. daye. yf it tarie longer or it
 worke this effete. than the defaute is otherwi
 le in the payntes. whan they wyll vse cryesse in
 feedynge. In me as I sayd afore the faute was
in

Gallico.

seethynge of Guaiacum. for by reason that the
phisicians in preparynge therof. made it smaller
than they shoulde haue done. I was the longer
er it wrought on me. And I haue harde phisi
cians saye. that accordynge to the complexion
of the bodys. it worketh soner and slowlyer.
And thys is sure and certayne. whiche thyng
Stromer ofte affirmed vnto me that if they.
the wose wytte is more subtyll. and are right
attentiue ly giuen vnto studie. happe to fall
sycke. their diseases shall be more reherment and
longer contynue. And many thynke that it styl
leth greatly. as well in this disease. as other. in
what places of the bodye the syckenesse shoulde
chaunce. for the right parte is more heale able
than the lefte. By cause saith Alexander. by
larger exercise the matter is stopped. and ma
de more apte to heale. Also they seye it is more
harder to heale. the vtermoooste partes. by cause
they be farrre of frome the bodye. it is longe er
they canne be nourysshed and fedde. And ther
is to be taken hede. whether the greife dothe ascen
de or dyscende. Celsus saith. that what so euer
greife gothe downeward. is the more curable.
And agayne. All greife. whiche procedeth yp
ward. is worse for the medecyne to come vnto.
And that suche diseases. that chaunce in oure
secrete partes. as they are mooste plentyfull and

De morbo

sharp. by reason of inflamacion wherunto. those partes are specially subiectes. soo are they forthewith and soonest healed. whiche as in all o ther medycines they may be moued. soo for the newe vse brought vp of Guaiacum. I wotte not whether it be alway so or noo. But this lette every man take hede of. that where soo euer the grieve be. and with what soo euer kynde of the pockes they be payned. that they prepare well e Guaiacum. and after they haue dronke so longe therof. that. it be spredde and rounne into the vaines: thanne ye maye be sure their ache lyt tell and lyttell gothe awaye. And other while f. ache commeth agayne. and is more sharpe and paynesfull: and gothe awaye agayne. for after it ones begynneth to swage. and than waueth soore and peynesfull. it endureth not longe. And they that haue soores. shall haue the fleshe eaten. awaye aboute the soores of a greate breadthe. And that is a token. they begynne to heale. for vnto me it chanced. as it neuer dyd afore that aboute the xvij daye my legges were eaten soo bare. that ye myght haue seene the bone the breadthe of a mannes nayle. whiche thynge putte me in great feare: but without any dysfultie. within a fewe dayes after the fleshe grew and was restored agayne. And by this I perceyue well that the nature of this medycane

stande alone. and to be shorte: the oone of my
 buttockes was but a thyng wethered awaye
 In my lefte shoulder ther was suche payne y^e
 I coulde not lyfte vp myne arme: the extreme
 partes of my shoulders were weake and wov
 en veyr styffe: in the myddes of the brayne
 of myne arme there was a swellynge as mo
 che as an egge. and as for the reste of myne
 arme euen to the veyr hande. was cleane worne
 awaye. And on the righte syde. a lyttell vnder y^e
 lowest rybbe. there had I a soore. whiche was not
 in dede paynefull. but it boyled oute certayne
 fowle and strykyng matter. and vsued ve
 ry fylthylye after the maner of a fistule with
 a narrow moulthe outwarde. and inwarde it
 was large holownes. And aboue hym there
 was also an other as though a bone hadde
 benne bredde there vppon a rybbe. And to con
 clude. I dyd playnely feele a streame and issue
 come downe behynde fronte the toppre of my
 heade vnto all these. And where it began. the
 leaste touch in the worlde made my heed to wor
 ke as though the brayne panne had ben broken.
 nother mighte my face be tourned bactwarde.
 but as it was tourned with the hoole bodye.
 This oone thyng yet wolde I nott passe. where
 from yf Guaiacum hadde deliuered me. and
 done nothyng elles. yet ought I to haue landed

De morbo.

and maysted his vertue greattely. and that is noon sleape. whiche I coucted soo deadlye. and was so moche gyven therevnto. that almooste in fyve yerres space. there steyed not one daye. Whanne the phisicians cryed oute vppon me. sayenge. y^e was the cause of all my dysease. and yet I coude not refrayne my selfe frome it. But nowe is that goone soo far from me. that I trowe yf I shulde enforce my selfe to slepe in the day tyme. I coude not. with alle these. and soo greatte euyle all thowgh I was so maysted that all men dyspaured my helth: yet my good aungell. I beleue. wylled me to tary and loke for some what. And lo throughe the helpe of Guaiacum. I am bolde nowe to lyue. and to draw breath agayne. whiche mynde god gyue to all good men. that they neuer ceasse to hope and truste. As for me. I repent my selfe in no thynge. and if by any meanes longe lyf myght be graunted vnto me I haue great hope that I shulde lyue hoole sounde. and lusty. And of this disease and of the remedie of Guaiacum. I haue written these thynges that came to my mynde very faithfullye. truly. and as my lernynge wolde suffer me and here wolde I make an ende. If I thought it nott necessary to admonyssh theyn that shall reade these thynges. howe after this cure

Gallico.

the sick muste ordered. as towchynge the order
and maner of theyr lyuynge. whiche thynges I wyll
performe and that breuely.

As towchynge the order of lyuynge
after this cure is past.
what is to be ob
serued. Capit. vvv

I Gaue warnynge before. that after this
cure is paste. and the patiente is depar
ted owte of the cloyster of this medycy
ne. wherein he was cloose kepte. he muste vse con
sequently it his lyuynge a certayne dyet and
order by the space. in. or at the lest. ii. hole mon
thes. And nowe that we be come to the propre
place to entreate of the same thyng. I saye that
it is soo necessarie to be doone. that who soo eu
er hath recovered his helthe. excepte he afterwar
des take good hede. diligently obseruynge ma
ny thynges. and lyue for a space vnder a cer
taine rule. as though he were yett shut vp.
I saye playnly that his helthe shalle not longe
endure. And therefore three monethes are ap
poynted vnto suche as were eyther greatly con
sumed and lowe broughte in their sykenesse.
and hadde many issues. and auoyded moche.
or els were sore hurte in theyr synewes. and

De morbo

lymmes. or be soo weakened in their bodie that
a lyttell tyme cannot be sufficiente to gather
vp perfitelye theyr cromes agayne. And on the
other side. they that be stronge and not soo far
re goone. nor broken vnto suche. ii. monethes
after theyr settinge out are ynowgh as it is.
thought. But by cause I wolde prouyde surely
for theym that wyll folowe me. I wyll aduise
theym to obserue and kepe thys prescripte verie
longe. and to begynne with. they shalle abstep
ne them selves longe tyme frome the flesshelye
acte: By cause they that be recovered through
Guaiacum. haue their bodyes verie tender and
vttelye weake as yett. as though they hadde
bene lately newe borne: and therfore if they shul
de haue the compaignie of womanne. wherby
the newe gotten strenght is weake and grene.
and not yett ryed: it wolde by and by dys
solue and dystroye the strengthes and mygh
tes of all the membres for euer. And for as
moche as the vse of carnall copulacion bryn
neth into perille not one mynber by hym
selfe. but all the holle bodie at one choppe:
What other thyng maye we saye. he preten
deth. that medleth carnally with women
beyng so febled. thanne wyllyngly to slee
hym selfe. or at the leeste spedely to dystroye
his naturall strength. and plainly cast his

helthe awaye.

And if some be forboden the compaignie of women. which be neuer the lesse of good lyfynge in bodie and haue noo dyscase at all: howe moche ought they to auoyde and flee it. that thus haue loste their helthe and myghte and must labour all that they canne. to repayre the same agayne: And yf before. xiii. yere of age none is stronge ynowgh vnto that acte by cause is strength is not full fournyshed to putte soo reuerdous a thyng in experience: howe than ought he to beware and take hede that is thus nowe borne agayne. and hathe soo yonge and tender a bodie. that he offer not hym selfe to be rashely plucked and tome before he haue receyued hys strength and is well hardned thern.

The nexte poynte here vnto is this. that though they shall haue a gredye and sharpe appetite to meate. beinge empytyed with continuall hunger. yet they muste resyste the same. and as moche as may be. to behaue themselves very soberly and scarcely in their fedynge. And therfore they muste fyrste vse verie lyttell meate. and afterwarde somme what more. yoyng for the by lyttell and lyttell. soo that there maye be a good space er that they come to their olde custome of eatynge exersyng

De morbo

thym selfe softly beynmyng no newe thyng
hastely or sodenly. vttely abstepmyng froo all
wynes. except it be first delarcd with moche
water. And be alsoo of hit selfe smalle and
of good sauour and clere. and yet soo. verpe
moderatelpc. Let hym also that is cured. be well
fensed agaynst the violence of the ayre. and spe
ciallye in those tymes. that be greuouse with
colde wynde and rayne. or ells lette hym goo
forthe abrode very seldome. He maye take mea
te twyse a daye. but att euentpde very lttelle.
and all that tyme he maye neuer folowe his
appetite. but muste aduoyde fulnesse. as the
greatest euyl that can be. He muste also a
boue all thynges. forbearc fysshc. and fede
vppon yonuge and tendre fleshe. suche as
is of lyght digestion. and nouershethe pu
rely. whiche they be. ye maye knowe by the
phisicions teachynges. And these thynges
muste haue place. in the saide two or iij. mo
nethes. for other thynges. whiche shall be fur
ther obserued. may be lerned more playnly
in the thynges folowynge. for nowe I wyll
aduyse and monysshc with fewe wordes.
not onely them that are recouered by Guai
cum. but other aswell frome what soeuer
disease they be deliuered. if they tendre their good
helth and well fare. and desyre to be longe in

prosperitie. what thynges they shall folowe. And
 here it is chiefly to be noted. howe be it all dothe
 none knowe hit that this one thyng is it. that
 makyth this syckenes to be verry greuous by
 cause there is greate dyfficultie in dyctynge.
 for whanne this dyscase is ouercome it is not
 one onely that muste be obserued in the order
 of our lyuynge. but many thynges and dy
 uerse muste be reckened vppon. In so moche
 as what soo euer thynges there be. whether
 they be with or agaynst all the dyscases. whi
 che I saide before folowed this syckenes. he that
 is recouered. must set them before hym. en
 deuourynge hym selfe with all dyligence to
 obteyne them. that make with hym. and to
 aduoyde them that be agaynste hym. wher
 fore he must be alwayes verry carefull in his
 lyuynge. that all thyng may be done ordy
 natly. Not withstandynge if this medy
 cyne haue saued anye. there is for them great
 comforte. by cause they that are experie therof.
 playnly thynke that after the payentes haue
 oones receyued their helth. and the tyme of ob
 seruacion. whiche foloweth this cure be past.
 nothyng that is not contrary to their olde ma
 ner of lyuynge canne putte them in anye
 damnger. soo that they vsed not before to lyue
 without order vttarly. for that same order shal

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serue hym. that is thus restored. as shall serue
therm. that neuer hadd the sickenes. wherfore
they thynke it not soo moche to be regarded. what
a man eateth. as howe moche he eateth: And
therfore noo kynde of meate to be forborne. no
choyse of meate to be hadde. concernynge
the qualyte of feedynge. nothynge to be ca
red fore. but that which is knowne to apper
teigne to the common conseruation of helthe.
And to the vniuersall auordynge of all ma
ledies and diseases. wherby that that Iesus
teacheth. perchauce shall not be the best. whi
che is. that euery manne take hede leeste whi
le his bodye is in prosperite. the aides and
succour agaynste aduersitie be consumed
and wasted

Helthe is preserved. as the same Iesus saith.
by dyete. by medicines. by nornynges. by
frictions and rubbynges. by baynes. by ex
ercyse. by carpage aboute. by cleere and plea
sant readynge: whiche thynges howe they
ought to be considered fully and holle. I leaue
you to aske of hym. I Dere wyll I breuelye com
me a fewe thynges and suche as appertayne
to drecte. This I thynke they muste seade ple
asaimtelye and moderatelye and take suche
meates and drynkes. as be of lighest dyges
tyon. For as Paule saith. The drecte poynt
of educacion. is that the meate be suche as

wylle lightly digeste and nowyse wel not
 not slowe in digestenge nor clannye. nor ple
 tuous in superfluities: and the drynke to be
 smalle wyne. whyte. and pure. and a lttell
 delayde with water. And Gelsus saythe. See
 your meate be nott fatty. clannye. nor wryn
 dye. And by his counsell ye muste absterne
 in all suche diseases frome all maner salte
 meates. sharpe. sowre. and bitter. For the same
 reasone I thynke merof I made mencyon befor
 And Paule saythe. In eatynge the greatest
 faulte is sacietie and fulnesse. For all though
 thy beasly digeste well. yett the veynes to moche
 replenysshed. laboure soore. they swell. they
 breake. they be stopped and fylled with wynde.
 and playne it is. that the worst diseases
 of all comme of sacietie. He thynketh thys one
 ly to be auoyded. that noo manne fylle hym
 selfe. And I iudge the same but not only for I
 wolde more ouer nothyng to be dressed deu
 tuonly. nothyng to be sawced curiously. and
 that many dishes of dyuers kyndes be not
 sett before vs. nother wylle (as these ryche men
 vse) syxe or seuen. or sommetyme tenne meas
 ses at one supper to be broughte in. For a man.
 wolde nott beleue howe moche these thynges
 hurte. not oonly the stomacke. but also the
 holle digestron. And therefore I wylle repte a

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geyne thys thyng which is spoken of the same
aucthour. Varietie of meates is greatly to be
auoyded specially whanne contrary operacones
and vertues be in them. for whan they be soo.
thruste in. they resyste digestioun. and the same
thynketh Galene. and Turcane. and as ma-
nye as be of pure iudgement in phisike.

Eato as. Cully wyrteth commandeth soo
moche meate and drynke to be receyued. as may
refreshe the strength and power of the bodye. &
not oppresse it. wherfore by the counsell of Pe-
nophon. we muste make for the mooste parte
a smalle dyner. and that there may be a place
for the supper.

Clarely thys disease is of that sorte. that
Galenus thynketh to come of fulnesse. whi-
che thyng is thus to be vnderstande. not that
I thynke all that lyueth in surfettyng. freight
waye to be caste into the frenche pockes. (all
thoughe suche shall not escape diseases. no not
mooste greuous but if any haue ben vexed
before with theym. and than healed. eate and
drynke intemperately. he muste nedes falle a-
gayne into them. And therfore the meate that
is receyued. lett it nother be diuerse nor moche
that the stomacke be not loded. and digestion
letted. And agayne let it be (as I monysshed
easye in digestyng. Plinie saith. all maner

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sharp meates. all that is to moche. and all that
is hastely receyued be harde in workinge. and
harder in sommer thanne in wynter. and har-
der in age than in youthe.

It is wrytten in Cully. he that medleth not
with equisyte meates. loded tables and ofte
cuppes shall not be combred with dronkenness
raunes of stomacke. or dreames. But for
as moche as whanne this cure is done. we must
prouyde. howe the bodye. that hath hitherto ben
emptyed and made leane. may be broughte
agayne vnto his olde state. therfore perauen-
ture those meates muste be vsed. that increase
and fylle the bodye. not with noysfulle humou-
res. but suche as Ealsus reherseth in the thirde
chapter of the fyrste booke.

Dionie alsoo saithe. The bodyes growe and in-
crease with sweate and salt meates. and with
dryte. they dimynyshe and goo downe with
drye leane and colde meates and thurst. But
this muste be wyselye understande. for those
thynges. whiche I haue often before mony-
shed. But seynge Galenus warneth vs in all
thynges to take hede to the bealy. for what soo
euer saith he. is corrupted. in that it is a cause
of rot vnto all the bodye. and soo of diseases. I
thynke it beste to take those drynkes and meates.
as Ealsus teacheth whiche doo bothe nouryshe and

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make the bealre losse.

But if any through the dyuels prouoca
cion fill hym selfe. and lode his stomacke
with meate. more than it is able to beare.
if he lyst to seeke helpe by slepe. lette hym here
p hyme. sayenge. To dygeste in slepe. it ma
keth more for the corpulentes than the strengthe
of the bodye. And therefore the phisicians.
wolde haue the great fatte wastelers to ma
ke their digestion by walkynge. But yf he
had leuier ease hym selfe by vomyt. as many
doo counfesse. And paulle specially teacheth.
for through vomytes many euylles oftenty
mes haue ben stopped. and with stande. lett
hym reade his doctryne. shewynge howe on
maye lightly vompte. And if nother of these
be regarded. or to late proued. thanne per
uerture he muste goo to phisicke. wherunto
yf the sick compelled. I canne geue hym non
other commaundement. but euen the same.
whiche I haue often tymes spoken. that he
committ hym selfe to a sober and lerned phy
sicion. or to a well experie. rather than to con
tinue of high exquisite lernynge. and to
hym that poureth in no medicines. but of
verie constraynte. yee and those medicines
that be symple. and nott compownded.
and myngled with many thynges. and
as moche as may be. mymstreth the thynges

of our owne countrey growynge and not
 byng so pure fette. And if suche a phisicion
 com. sell ye to take a laske. thanne see ye reme
 bre that which. Paule teacheth: which is.
 that yee doo it not ofte. lest through often
 prouokynge. nature forgette the office of.
 clensynge of the bodye of her owne mo
 tyon.

As concernynge meates. which be hol some.
 and which ynhol some. and howe euery
 kynde of meates helpeth or hurteth. excepte
 a man declare it to the uttermooste. it were bet
 ter speake nothyng thereof: And therfore I
 wolde haue the authors redde as Celsus.
 which entreateth shortly of the kyndes of
 meates. And Paulus which handleth at
 large in xxiii. chapters the natures and
 vertues of meates: or els. Galenus why
 che by hym selfe is sufficient for all. wryter
 muttyng nothyng in the booke of nouryshe
 mentes. And soo wolde I now haue made
 an ende of feedynge. if there had not chaunced
 to come to my mynde certayne thynges worthy
 to be nooted. And fyrste I wyll admonyshe
 you of egges. There is noo meate saith Pli
 ny lyke egges that nouryssheth in sycknes.
 and lyeth not heire. and that is in stede of
 wyne and meate both. And Cyprene affir

methx. that yolkes of egges of a henne. of a par
 tryte. or of a phesante doo passe all meates for
 them that haue their bloude diminished. or their
 harte fainted. Alexander Aphrodisius thyn
 keth that it conterneth in it selfe the qualities
 of all the elementes. and to concludre there is
 in an egge a certayne shewe of the worlde bo
 the bycause hit is made of the foure elemen
 tes. and agayne bycause it is gathered roun
 de in spere fassion. and hath a bruely power
 Egges fyled many doo forbidd: amonge
 the which are Paulus and Galenus. And
 dothe not allowe the foode of herbes. And ma
 ny other do forbidd the same. all though.
 Marcus Cato prayseth brassicam aboue
 the moone. I de that eatyth daylye hys sylle
 of Pisana. his nutrymente. Galenus thyn
 keth can by none other meates be hyndered.
 And the same thyng wolde I saye saith he by
 beanes: yf they fylled not with wynde. of the
 vse of mylke bothe in meates and also in me
 drines. Paule dothe entreate very goodlye.
 Alexander saith mylke is lighte in digesting
 and nourisheth well. for that may lightlye
 goo into bloude. that is made of bloude. and
 in a maner it is bloude made whyte.
 Of many thynges I haue shewed you a fewe.
 but yet he that desyreth to haue helthe. ought.

saith. Pausanias. to knowe howe greatte power wyne hath. And the same saith. if wyne freate any man. he muste drynke colde water. And the nexte daye drynke the vice of wormewood. and walke vpon it. he muste rubbe his bodye and washe it. and than refresh he hym selfe with lyttell meate. Wyne that were lately must. and alsoo wyne that be to olde. muste be auoyded sayth Galenus. for these heate too moche. and the other nothyng at all. That feedynge saith. Pausanias. that kepeth a man bare and slender. is moche surer for the health. thanne that which maketh one fatte. But for as moche as lytle meate gyueth nother strengthe nor stedynesse vnto the bodye. therfore he after addethe. sayenge.

Suche meates as are of a meane nature. are the chieffe nourishmentes of all. for they ingender bloude of a meane substance. And as suche are mooste mete and conueniente for our bodyes. so be they that brynge forth the yll humours moost noysfull. and therfore muste they alwayes be auoyded. This saith. Pausanias. And he teacheth more ouer. that rye breade nourysheth more thanne all other. and that wheaten breade is of harde digestion and wormy. and that barley breade is of lyttell strengthe. He that wyll knowe the vtermooste of feedynge. lett hym reade this. Pausanias. and Galenus. as I saide. We in this countrey neuer vsed a

normentynages, in I talve they have used theym.
 But nowe they be almoste lefte. And Galen
 commendeth rubbynges of the bodye aboute
 all thynges. in culcatynge oftentymes and
 many thynges therof and specially in hys bo
 kes of preseruyng health. And the same dothe
 Aseclapiades highly auance. and Hippocra
 tes also very greatly. whose sayenge this is.
 which was after hym repeated of manye.
 Throughte rubbyng. if it be vehemente the
 bodye is made harde. if it be softe and easie
 the bodye is made softe. if it be moche. it dimi
 nysheth. if it be meane. it hellet.

In our dayes that high lerned man. Erasmus
 Roterdamus. vlynge thus daylye and spea
 ally in the mornynge at his vpryng. thyn
 keth thereby that he preserueth his helth. the
 weakenes of his bodye (which is verye great.
 not withstandynge. And hath warned
 me diligently. that aboue all other thynges
 I and all other studentes shulde vse the same.
 I folow the counselle of my frende. and frnde
 ease them. Some forbide wasshynge and
 all maner bathes. and they sey. that they be
 vnholysome for all such as be recovered from
 thys disease. I thynke because they mollifie
 the fenowes. and lose them. and. therefore they
 wyll not that water shulde touche theym.

Galico.

and yett they doo not. sauyng for that impio-
ue sweattynge. water hurteth the synewes.
though it be warme saith Alexander not by
cause it is warme. but by cause it is moyste.
Dauile comendynge warme wasshynge
saith thus: it taketh away werynes. it sha-
keth downe fulnes. it heateth. it mitigateth.
it mollifieth. it disperseth. it prouoketh slepe
and makyth all the bodie fatte. And is verve
commodious and agreable bothe to manne
and woman yonge and olde. so saith. Dau-
le. Not withstandynge the Italianes nowe
a dayes washe not but very seldome whereof
I doo not meruarle. scyng in tymes paste
they vsed it dayly. as wytyng testifieth. and
also the tokens of the bathes remainynge
at Rome. whiche were buylded lyke vnto
cities.

In exercyses. Galene teacheth that measure
muste be keppe and obserued. sayenge. In
moderatences I reprocure every where. The lyke
wyse saith. As exercise before meate is the di-
cesse thynge to preserve helth. so is all a
ner motion after meate most noysfull. for
the mente is scattered out of his healy. before
it be digested. and therfore gathereth many
grosse and rauce humours in the veynes. wher-
of all maner diseases are wont to be ingendred.

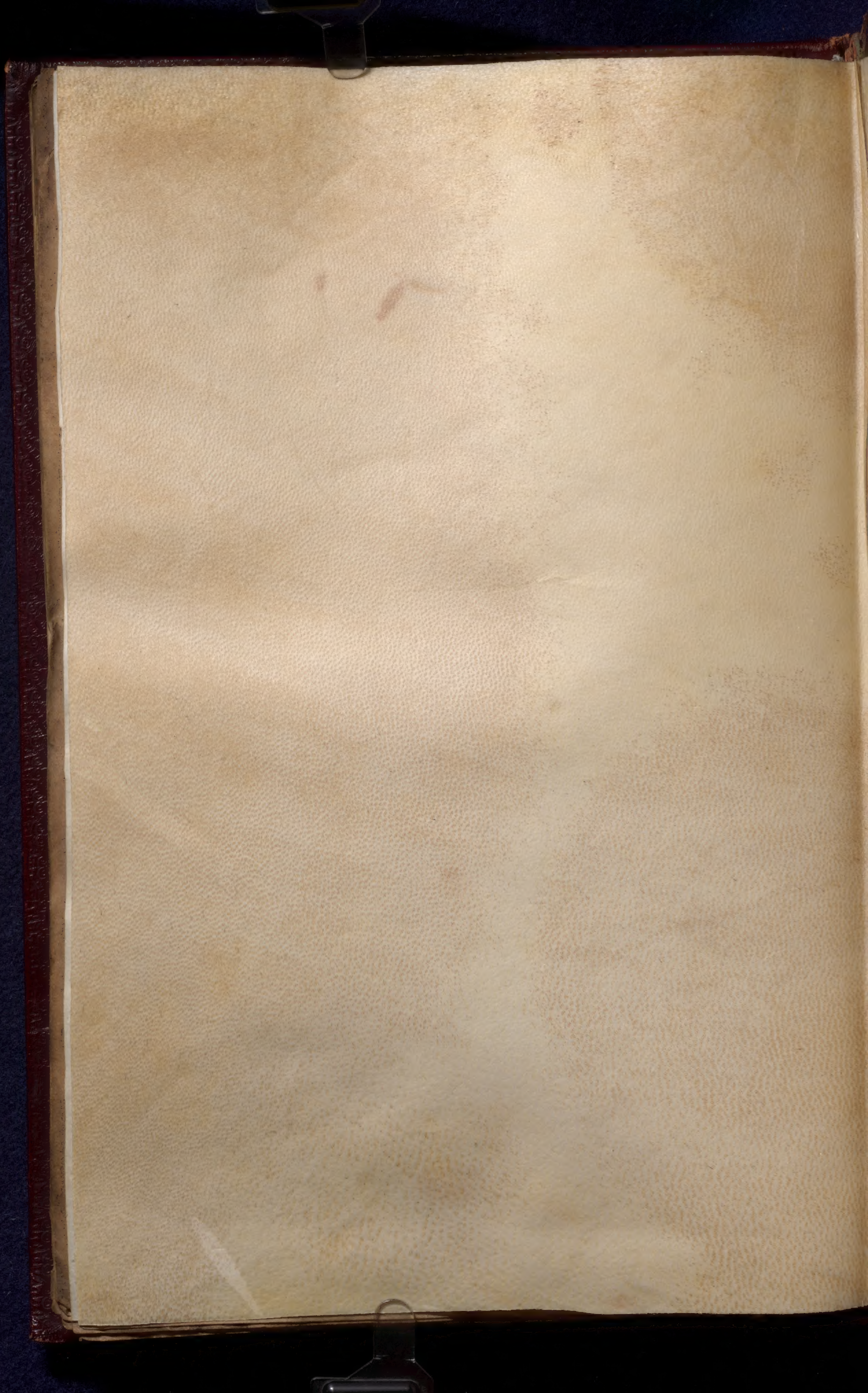
I woulde any leste vs. soo longe to exercise o^r
 selfe. vntill the body begynne to smille and
 waxe redde. our motions stronge. equall.
 and easie. and the swette same to be mynd wth
 vapour: than thyste to reste whanne any of
 these begynne to chaunge. Thei mouny the
 also to gyue reste and quietenesse vnto that
 maner whiche was lately restored to helthe.
 And Hippocrates saith: The remedie of the
 foete is reste. wherof. Alexander gathereth
 that. that which is healed agayne must ne
 des haue reste for motion (saith he causeth
 flowynge of the superflous matter whiche
 may reyse and stire vp inflamacion.
 The worste thyng that canne be to hym. that
 hath ahynged knees. is to ryde saith. Aelsus.
 He also thynketh it not good for them that be
 growy. The olde men exercised theym selfe also
 mygye that they moughte syng and also
 rede more duely.

I saide I wolde mitrate of these thynges as
 occasion gaue. not moche regardynge a
 ny order. but as euery thyng worthy to be
 noted. shulde come to mynde. And therfore
 lett noe man lacke for any great thyng he
 re. if there be anye that wolde knowe I haue
 shewed in what authors what thynges he
 shal fynde. But loo here cometh an nother





66 (with)



4201 MEDICAL.—HUTTEN (ULRICUS) OF THE WOODS CALLED GUAIACHI, that healeth the French Pockes, and also helpeth the goute in the feete, the stone, the palsey lepre, dropsy, fallynge evyll, and other diseases. 1533. A beautifully written and very legible English MS.; a translation out of the Latin, "De Guaiacii Medicina et Morbo Gallico," by "THOMAS PAYNELL, chanon of Marten Abbey, translatour of this boke"; on sixty-eight leaves of vellum, black letter, rubricated, initials illuminated, 32 lines to a page, folio, morocco gilt, A MOST INTERESTING MS., £21

Hutten's treatise is one of the first on this subject. Thomas Paynell was Canon of Merton Priory, Sussex, and Chaplain to Henry VIII., and was responsible for many translations from the Greek and Latin. The Preface to this MS. is dated at end "at Marten Abbay Anno 1533," and commences as follows: "Not longe ago after I had translated in to our Englishe tongue the boke called 'Regimen sanitatis Salerni' I hapned beinge at London to talke with the prynter and to enquire of hym What he thought and how he lyked the same booke; and he answered that in his mynde it was a boke moch necessari and very profitable for them that took good hede to the holsome teachings . . . and this much further he added thereto, that so farre as ever he could here it is of every man very well accepted and allowed . . . and that if I would take so moche payne as to translate into Englyshe the booke that is entituled 'De Medicina guaiaci & Morbo Gallico,' written by that greates clerke of Almayne, Ulrich Hutten, Knyght, I should have saide he doo a very good dede. . . . But what soever answer I made him I fynallye determined to translate the said booke as I have done in dede not so well I am sure so playnely and so exquisitely as many others could . . ."

On the bottom of the page, apparently in another hand, a probable former owner, is written "Anno MDXXXIX" (1539).

On the fly-leaf are found the following verses:

Three score & ten the age & life of man
In holy Davids eyes semde but a span
And half that tyme is spent and lost in sleepe
See onely thirtie five for us wee keepe
Our days of youth must be abated all
Childhood & youth wise Salamon doth call
But vanity, mere vanity he sayes
In what befalls us in our childish dayes,
Our dayes of age, wee take noe pleasure in
Our dayes of youth wee wish had never beene
Soe age deducted youth & sleep & sorrow
Onely one span is all the lyfe wee borrowe
What is our lyfe, a play of passion
Our mirth the musicke of division
Our mothers wombes the tyrynge houses be
Where wee are drest for lives short comedie
Heaven the Judicious eye spectator is
To see whats acted well & whats amisse
The grave which hides us from the scorching sonn
Are lives drawn curtein when the play is donne
Thus actinge haste we to our latest rest
And then wee dye in earnest not in jest
Written the 3d of November, 1638.

Pickering & Shatto
No 144 & 5.

No. 1577

M^r. Seymour de Ricci points out to me that it is not right to regard this as a mere copy of the printed edition made because the latter was perhaps unprocureable, but that more probably a fine MS on parchment, like this, was ^{made} a special presentation copy from the ~~author~~ to some great man or patron. It was quite the custom to prepare fine hand-written presentation copies. In 1539 many oldfashioned people still had a prejudice against "vulgar" printed books — just as, at the present day, in France it is still insulting, or at least disrespectful or in bad taste, to send a type-written letter to any high official, and in every department of the Government there is a list of people to whom the Minister must write with his own hand!

6.X.31. W.W.F.

